

# marie claire

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TO DADDY  
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BEAUTY  
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AMY  
ADAMS  
ONE SMART  
GORGEOUS  
GOOFBALL

REPORT  
INSIDE INDIA'S  
CHILD-BRIDE  
SCHOOL

TINDER DEALERS  
& INSTA-STONERS  
#DRUGS2016

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KENDALL JENNER

On Kendall: Pure Color Envy Lipstick in Defiant Coral and EyeShadow Palette in Savage Storm. © 2016 Estée Lauder Inc.

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# GIRL TALK

From its launch nearly three decades ago, *Marie Claire* has been at the forefront of campaigning about issues that affect women both here in the UK and all around the globe. While I wish that in 2016 there would be less to shout about, the good news is there are glimmers of hope for some of the most vulnerable and disenfranchised females on the planet.

During her tenure as the first editor of *Marie Claire*, Glenda Bailey would most likely have commissioned an article on child brides in third-world countries, whereas I am able to report on ventures such as the Veerni Project. This amazing scheme persuades the families of such girls to allow them to have an education and delay the time before they become wives until they are adults. Contributing features editor Corinne Redfern flew to Jodhpur in India to meet the girls (page 102), and was thrilled to see that the programme is not only changing their lives, but also the attitudes of their communities towards child marriages. Small steps, but improving the prospects of even one classroom of girls is something to be celebrated.

For the past eight weeks, in the lead-up to International Women's Day on 8 March, we've been running our #breakfree campaign online at [marieclaire.co.uk](http://marieclaire.co.uk) and across all our social channels. It's all about encouraging women to talk about the unfair stuff we have to put up with in society – from ageing and racism to body shaming. If you've missed it, you can see all the comments and posts at [marieclaire.co.uk/breakfreesocial](http://marieclaire.co.uk/breakfreesocial).

Elsewhere in the issue, we're honouring the winners of this year's *Marie Claire* Prix D'Excellence de la Beauté awards, voted for by our global beauty directors (page 225). And there's still time to book tickets to our @WORK LIVE event on 23 April (page 142). Expect interesting career tips, fabulous fashion and beauty treats, plus inspiration from some of the most brilliant women in the industry. See you there...

## MORE WAYS TO READ MARIE CLAIRE

Log on to [marieclaire.co.uk](http://marieclaire.co.uk) or download a digital edition for iPad, Kindle, Nook or Google Nexus



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# APRIL

# 2016

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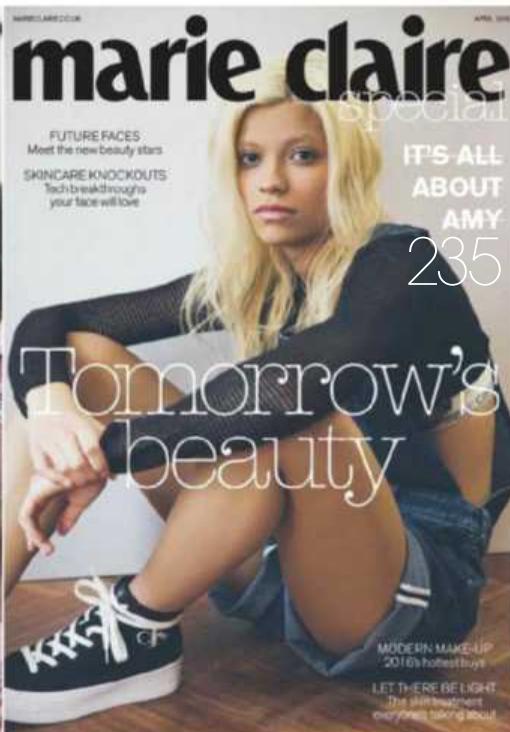


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Photograph by Matthias Vriens-McGrath. Styled by April Hughes. Hair by Mara Roszak at Starworks Artists for L'Oréal Paris. Make-up by Stephen Solitto using Laura Mercier at TMG-LA.com. Nails by April Foreman at The Wall Group. Amy Adams wears dress, Chanel. Recreate Amy's look with: Revlon ColorStay Foundation in Ivory, £12.99; Revlon PhotoReady Cream Blush in Pinched, £7.99; Revlon ColorStay Shadowlinks in Oyster, £2.99; Revlon ColorStay Skinny Liquid Liner in Black, £7.99; Revlon Ultimate All-In-One Mascara in Blackest Black, £9.99; Revlon Ultra HD Matte Lipcolor in HD Devotion, £8.99; Revlon ColorStay Gel Envy in Black Jack, £6.99

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Earrings, £199  
for a pair, Sif Jakobs

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Sunglasses, £180  
each, Max Mara

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EMPORIO  ARMANI



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12 SHADES FOR ALL SKIN TONES

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# PURE SKIN APPEAL

INTRODUCING  
VELVET MATTE  
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PANDORA



Left: behind the scenes at the *Marie Claire 'All becomes clear'* fashion shoot in New York



Left: senior beauty editor @ItsMeAnitaB with her Johnson & Johnson Award



Above: one of our favourite looks at the @Dior Couture SS16 runway, plus the show's amazing mirrored backdrop (above left). Shine on



Above and right: contributing features editor @CorinneRedfern hits India for our global report



Below: the gorgeous new collection at the @tomford spring beauty launch



Above: senior fashion assistant @gracesmitham (left) and fashion editor @LuciaDebieux pull off their best selfie courtesy of @KymeSunglasses and @dolcegabbana



Above: @aprilhughes1 racks up some designer numbers for our cover star, Amy Adams  
Left: We're loving Revlon's new Ultra HD Matte Lipstick in Obsession, £8.99



Above: editor's PA @CarolineG MC practising her snow angel in Lech, Austria



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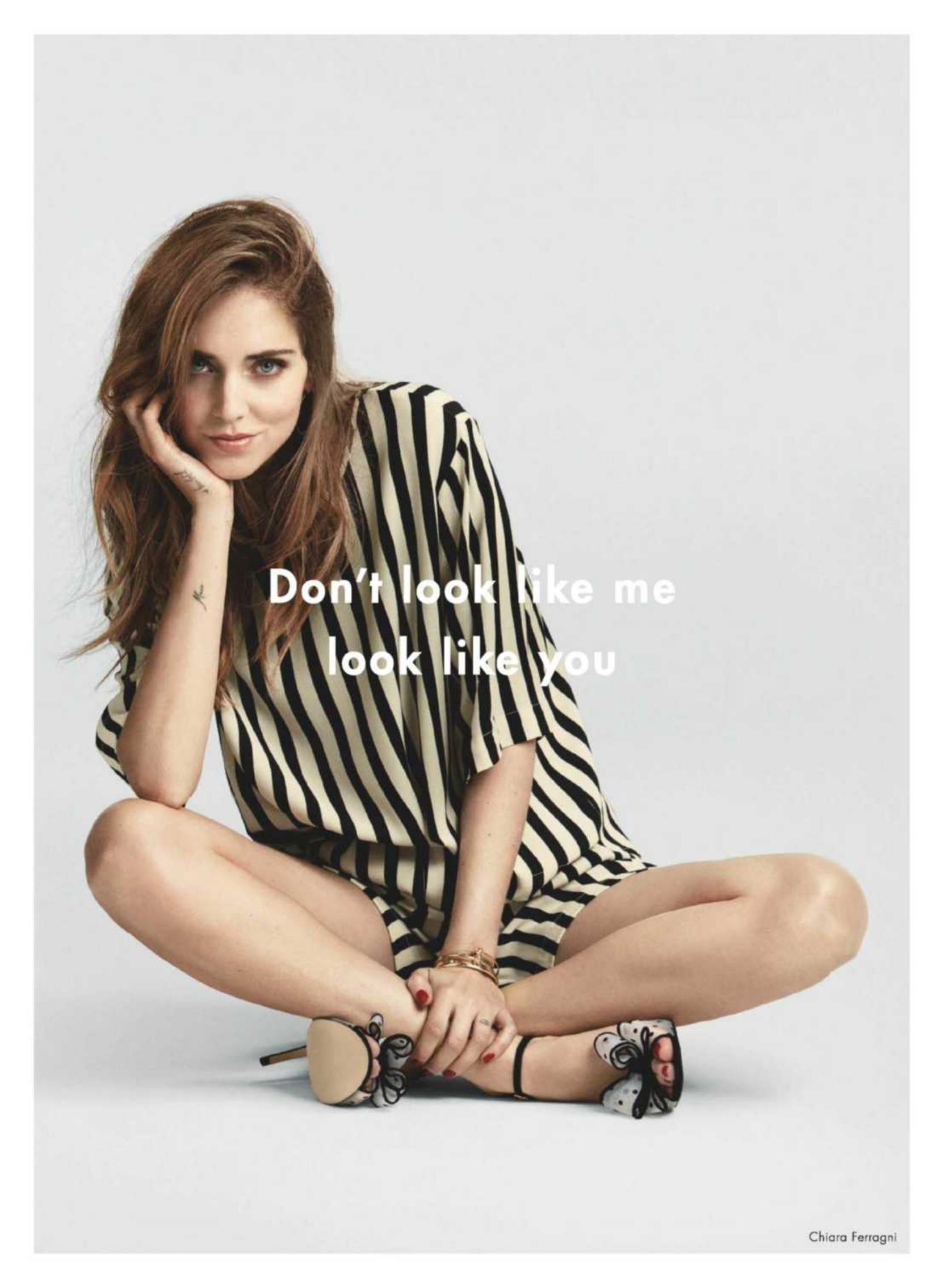


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westfield london ariel way, w12 | regent street, w1 (coming soon)



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**TREND #1**

# LINEAR THINKING

Adhere to the new-season rules in standout stripes



Top, £140, Club Monaco

## STYLE TIP

Mix horizontal and vertical stripes for a bolder take on the trend.





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Dress, £25, Debenhams

Earrings, £59, Swarovski



GIVENCHY

Shoes, £42, Warehouse



Blouse, £119, Baum und Pferdgarten



CELINE

Dress, £2,841, Zimmermann



Skirt, £196, Pinko



Shoes, £89, Kurt Geiger



Bag, £215, Simone Rocha at Browns



Shoes, £42, Warehouse



Blouse, £119, Baum und Pferdgarten



Rings, £8 for 10, ASOS

Bra, £39, Urban Outfitters

## STYLE TIP

For less exposure, layer your silk slip over a tee and work the 90s-grunge vibe.



ALEXANDER WANG

Shorts, £28, Intimissimi





Jacket, £275,  
Marques'Almeida



**TREND #3**  
**REFLECTIVE MOOD**

Mark silver's stratospheric rise with these shining examples

Mules, £550, Simone Rocha

T-shirt,  
£69, COS

Shoes,  
£240,  
McQ



LOEWE



Trousers,  
£345,  
Paul & Joe

Shoes,  
£110,  
Kurt  
Geiger



**STYLE TIP**

Team your space-age pieces with black, white or brights for a futuristic fashion win.

Bag, £1,375,  
Loewe

Skirt,  
£250,  
Isabel  
Marant

Earrings,  
£95, By  
Malene  
Birger

LACOSTE



Bangle,  
£380,  
Chanel





roberto cavalli



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1. £59, Topshop 2. £315, Dries Van Noten 3. £49.99, Zara  
 4. £424, Malone Souliers 5. £270, Dorateymur x Osman  
 6. £280, Amélie Pichard 7. £335, Maryam Nassir Zadeh at  
 Brownsfashion.com 8. £885, Balenciaga 9. £135, Essentiel  
 Antwerp 10. £48, Office 11. £59.99, Vagabond  
 12. £32, Next



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LONG ISLAND, NEW YORK  
SEPTEMBER 2015  
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A fashion advertisement featuring two women in a bright, sunlit setting. The woman on the left has long, wavy blonde hair and is wearing a white, long-sleeved, button-down shirt tucked into white, wide-leg trousers. She is also wearing a colorful, patterned vest with a belt and a matching belt with tassels. She is wearing large, dark hoop earrings and a ring on her finger. The woman on the right has curly brown hair and is wearing a white, long-sleeved, button-down shirt paired with a mustard-yellow, button-down skirt. She is also wearing a matching belt with tassels. She is wearing large, colorful hoop earrings and a ring on her finger. Both women are wearing large hoop earrings and rings. The background is a bright, sunlit outdoor area with a blue wall and a metal railing.

Shirt  
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# SHAPE-SHIFTERS

Spring's key pieces have an edgier silhouette: think loosely-gathered waistbands, shoulder-baring shirts and a slip dress over trousers for double style points



3.1 PHILLIP LIM



ELLERY

MOTHER OF PEARL

Coat, £695,  
3.1 Phillip Lim

Sandals,  
£410, Alexander  
McQueen





Skirt, £45, Topshop

Top, £160,  
Eileen Fisher




Watch, £450,  
Links Of London

Bag, £60,  
Next




Do

1 Make sure you always tuck your top in to show off the waist detail.

2 Style it now with a skinny-fit roll-neck for work. Then, come summer, swap it for a sleeveless white shirt.

Don't

1 Think you can team with a voluminous top – anything too big looks unflattering.

2 Add a bomber. Try a silky parka instead.



3.1 PHILLIP LIM

MIDDLE GROUND

When it comes to your waist, the only way to define it is with a paper-bag skirt. Hourglass figure? It's a cinch. ▶



BLUGIRL

# BOLD SHOULDER

Easily the sexiest part of the body, the décolletage is fashion's new erogenous zone and we're hooked.



PROENZA SCHOULER

Earrings, £119, Swarovski



Shoes, £59.99, H&M

Clutch, £49.99, Zara



Watch, £185, Calvin Klein



Bag, £45, Laura Ashley

**Do**

- 1 Look for cut-away details if you're not brave enough for full off-the-shoulder tops.
- 2 Keep shoulders free and swap your shoulder bag for a statement clutch.

**Don't**

- 1 Wear with big necklaces. Add bangles or oversized earrings instead.
- 2 Get it wrong with your underwear; team with a strapless bra.



Top, £389, Danielle Romeril at Matchesfashion.com

Trousers, £148, Pinko

# THE DRESS OVER

The 90s trend is back, creating a relaxed look that can be dressed up or down. ■



HERVE LEGER

Dress, £198, Three Floor Fashion



Shoes, £45, Office



CELINE

**Do**

- 1 Try a long-sleeved, crochet-effect tee under a slip dress.
- 2 Go for a frock that stops mid-thigh and skims your hips for a flattering finish.

**Don't**

- 1 Match your colour palette. This look isn't about blending in.
- 2 Add a cropped jacket – a blazer will create cleaner lines.

Trousers, £125, Comptoir des Cotonniers



A black and white close-up photograph of a woman's face. She has blonde hair and is smiling broadly, showing her teeth. Her eyes are looking slightly to the side. The lighting is soft, highlighting her features.

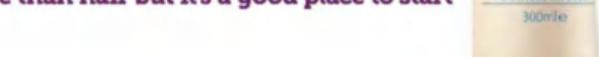
Rolling in  
the hay is  
**Aussome**

Hay-like hair?  
No thanks

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There's more to life than hair but it's a good place to start



THE ONE

# SHEER LUXE

Keep your prized possessions in this swoon-worthy tote

*Photograph by DAVID NEWTON*



Leather and tulle bag, £360, Emporio Armani

Ahh,

**rolling in the hay.**

**Cheeky?** Maybe. **Wild?** Hopefully.

**Aussome?** Definitely.

**But dry, hay-like hair?** What a turn off.

Lucky for you, **Aussie** has a

**deeply moisturising formula**

that's sure to hit the spot. Namely,

**3 Minute Miracle Moisture.**

This baby will have your **thirsty mane**  
screaming out for more.

More moisture. **More manageability.**  
**More mischief.**

So go on. **Find Your Aussome.**

**And get it on.**

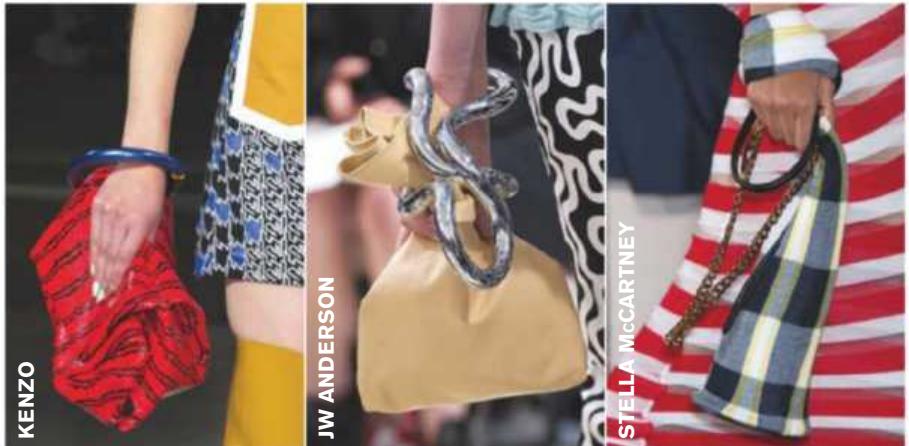
After all, **we can make your hair behave itself.**  
But that doesn't mean you have to.

#FindYourAussome

AUSSIE



There's more to life than hair but it's a good place to start



**UP FOR GRABS** Want to be part of the cool crowd? Invest in a handheld bag – Kenzo, JW Anderson and Stella show us how it's done.



## FASHION DETAILS

**HOT IDEAS AND CHIC LOOKS FOR AN INSTAGRAM WARDROBE**

### CLASH HITS

This summer, opposites attract and what used to be wrong is so right now. Take inspiration from Gucci and Stella Jean's bold print fusions, and get ready to combine fabrics, textures and colours. Anything goes!

1. Skirt, £120, ASOS
2. Sandals, £195, Kurt Geiger
3. Bangles, £9.99 each, Mango
4. Bag, £29, Topshop

Gucci



### RODARTE X & OTHER STORIES

Whether you are after a timeless jacket, statement boot or a new going-out frock, this dream collaboration will deliver. Every piece is sure to fly, so don't miss out. Available from 17 March.

### LUST ITEM

These little papaya-coloured fireballs of sparkle, made from sequins and stones, are the talk of the season – and we're all ears.

Earrings, £325, Prada





Clementina, £79.95

**Terms & conditions** Offer is valid from 25 February 2016 until 30 March 2016 and on full-price Moda in Pelle branded products only. Excludes sale items and cannot be used in conjunction with any other offer or discount. This offer is not valid for the purchase of gift vouchers. To redeem in store, present this page at the till. To redeem online, visit [modainpelle.com](http://modainpelle.com) and enter the code MARIE20 at the checkout. Offer can be used once per customer, per single transaction. Discount cannot be applied after the purchase is made. Photocopied pages will not be accepted.

## 20% OFF AT MODA IN PELLE

New season, new shoes, right? We've teamed up with the fabulous footwear brand to give you an amazing discount on its spring styles

**Beautiful courts, chic flats and gorgeous everyday** sandals all boast Moda in Pelle's famed quality, comfort and signature finishing touches. Whether you're looking for a casual trainer or your next pair of dance-floor heels, each style is designed with you in mind – you'll be spoilt for choice.

Moda in Pelle brings you the best of fashion-forward footwear and classic styles – from acid-bright, tassel-trimmed wedges to show-stopping scarlet courts. Make a statement in wooden platform sandals and shimmering snakeskins, or keep it simple in monochrome.

There are also muted floral-print kitten heels and clutch bags to solve your spring wedding-guest woes with minimal fuss. And for the more adventurous, denim suede and clashing patchwork will enhance any outfit. Poolside, picnics, jet-setting city breaks or weekends at home – Moda in Pelle has got it covered.

### REDEEM YOUR 20% OFF ONLINE

Enter the promo code MARIE20 at the checkout at [modainpelle.com](http://modainpelle.com)



### TO REDEEM YOUR 20% OFF IN STORE

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# STAY OPEN.

THE NEW MINI CONVERTIBLE. ARRIVES 5 MARCH.

What's round the corner? Follow your free spirit and find out. With the electric roof down, nothing will stop you enjoying the rush of MINI's go-kart feeling. And, when the outlook isn't as sunny as your own, the optional rain warner will make sure you're ready for what's next.

Take it all in. Pre-book your test drive today at [newminiconvertible.co.uk](http://newminiconvertible.co.uk)



Official Fuel Economy Figures for the new MINI Convertible range: Urban 35.8 – 64.2 mpg (7.9 – 4.4 l/100km). Extra Urban 55.4 – 80.7 mpg (5.1 – 3.5 l/100km). Combined 46.3 – 74.3 mpg (6.1 – 3.8 l/100km). CO<sub>2</sub> Emissions 100-142 g/km. Figures may vary depending on driving style and conditions.



Pimp your party wardrobe with this limited-edition clutch.

1

Clutch,  
£28  
ASOS



2

Jacket,  
£59  
Marks & Spencer

3



Earrings,  
£8  
Accessorize



4  
Dungarees,  
£95  
French Connection



Boots,  
£125  
Finery London

10



Bag,  
£75  
Whistles



Trousers,  
£195  
Bimba y Lola

THE

OUR EDIT  
OF THE NEW  
HIGH-STREET  
DROPS

LIST

This must-have shirt from & Other Stories hits stores mid-February. See you at the till.

Shirt,  
£79  
& Other Stories



7



Sandals,  
£39.99  
Mango

5



Dress,  
£59.99  
H&M Studio

8

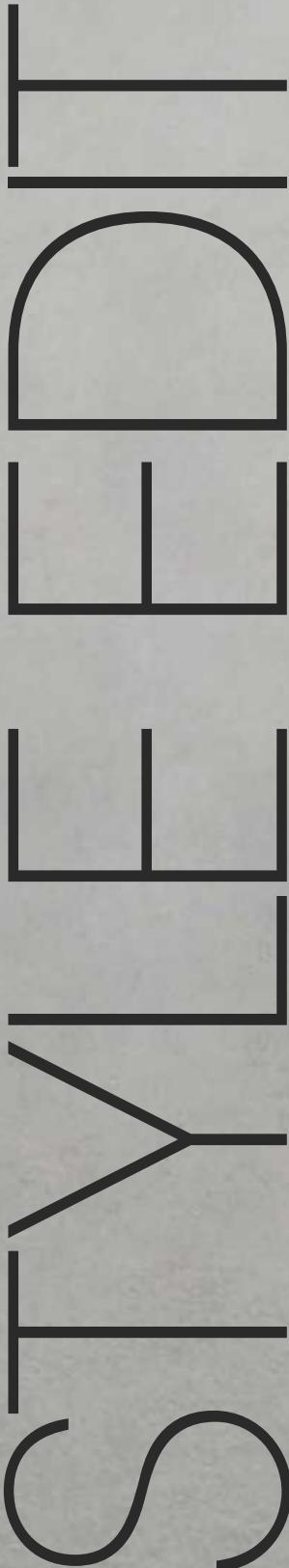


6



## SKIRTING THE ISSUE

Shirt, £89, East; skirt, £420,  
Phoebe English; earrings, £160,  
Dinny Hall; bracelet, £59, Skagen



**SHOW SOME SKIN  
IN COOL CUT-OUTS**

*Photographs by BRIAN DALY  
Styled by DES LEWIS*

## EDITOR'S CUT

Top, £440, Chalayan;  
trousers, £200, Pinko;  
earrings (just seen)  
and bracelet, as before





## COLD SHOULDER

Top, £29.99, H&M; trousers, £95, Marella; earrings, £160, Dinny Hall; bracelet, £595, Allison Bryan; ring (on model's left hand), £119, Mei-Li Rose; rings (on right hand), £8 for set of 10, ASOS

## CENTRE STAGE

Dress, £39.99, H&M Studio;  
ring, £1,950, Shaun Leane



## BEHIND THE SCENES

Sweater, £125, Joseph;  
trousers, £440, Acne Studios  
at Matchesfashion.com;  
earrings, as before



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2015 Verso Icon 7-Seat MPV 1.6 D-4D Manual. Official Fuel Consumption Figures in mpg (l/100km): Urban 53.3 (5.3), Extra Urban 68.9 (4.1), Combined 62.8 (4.5). CO<sub>2</sub> Emissions 119g/km. All mpg and CO<sub>2</sub> figures quoted are sourced from official EU regulated laboratory test results. These are provided to allow comparisons between vehicles and may not reflect your actual driving experience. Model shown is 2015 Verso Icon 7-Seat MPV 1.6 D-4D Manual at £21,995. Prices correct at time of going to press/print. \*0% APR Representative only available on new retail orders of Verso (excluding Active grade) between 18th December 2015 and 31st March 2016 and registered and financed through Toyota Financial Services by 30th June 2016 on a 3 year AccessToyota (PCP) plan with 0%-32% deposit. \*Payment shown is based on a 36 month AccessToyota contract with £5,940 customer deposit and Guaranteed Future Value/Optional Final Payment. Toyota Financial Services (UK) PLC; registered office Great Burgh, Burgh Heath, Epsom, Surrey, KT18 5UZ. Authorised and regulated by the Financial Conduct Authority. Indemnities may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. Excess miles over contracted charged at 9p per mile. Toyota Centres are independent of Toyota Financial Services. Terms and conditions apply. Affordable finance through AccessToyota. 5 year/100,000 mile manufacturer warranty subject to terms and conditions.

## MIDDLE PARTING

Coat, £795, BACK; top, £22, Next;  
skirt, £742, Barbara Casasola;  
earrings (just seen), £160, Dinny  
Hall; ring, £1,950, Shaun Leane



## TOP OF THE CROPS

Top, £240, Annette Gortz;  
trousers, £685, By Malene Birger;  
shoes, £49.99, Mango;  
earrings and ring, as before;  
bracelet, £59, Skagen



## SIDE STEP

Dress, £270, Jacquemus  
at Net-a-porter.com;  
earrings, £160, Dinny Hall;  
rings (on model's right  
hand), £8 for a set of 10,  
ASOS; ring (on left hand),  
£1,950, Shaun Leane;  
bracelet, £59, Skagen

HAIR BY DAM SZABO AT ATOMO MANAGEMENT USING LOREAL MAKE-UP BY IRENA ROGERS  
USING CHANEL S/S 2016 AND NO.5 BODY CREAM. MODEL: ANNIE AT MILK MANAGEMENT

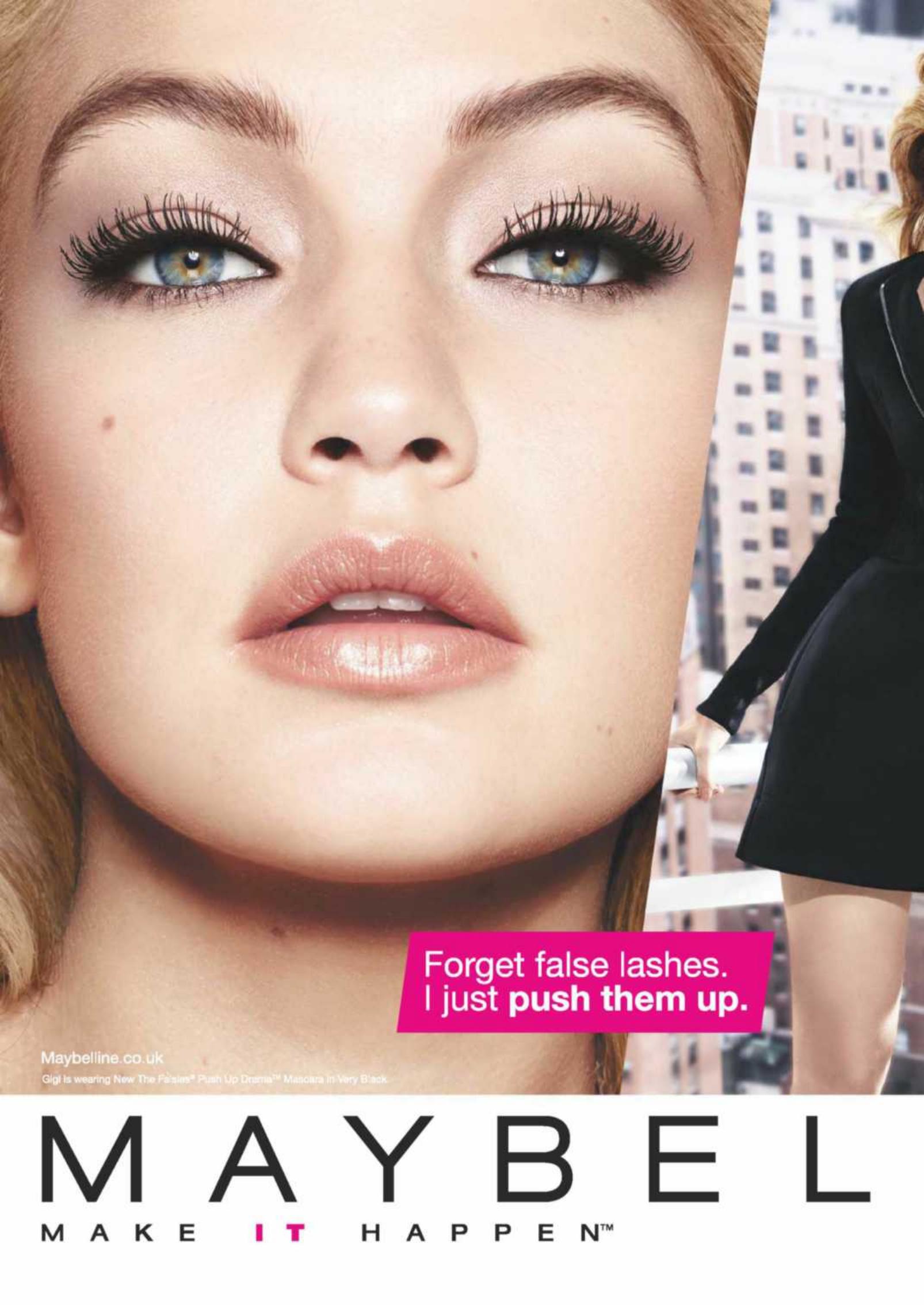


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[sifjakobs.com](http://sifjakobs.com)

A close-up photograph of a woman's face, focusing on her eyes and lips. She has light blue eyes, dark brown eyebrows, and is wearing a dark, glossy lip color. Her hair is blonde and slightly messy. The background is blurred, showing a city skyline with tall buildings.

Forget false lashes.  
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Maybelline.co.uk

Gigi is wearing New The Falsies® Push Up Drama™ Mascara in Very Black.

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keeps them lifted. For a luscious pair of  
plumped up, full, lifted lashes.

#PUSHUPEFFECT

 @Maybellinenyuk

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NEW YORK

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1. Jacket, £620, Holly Fulton
2. Bag, £945, Paula Cademartori
3. Dress, £55, Warehouse
4. Shoes, £505, Paula Cademartori
5. Coat, £430, Tara Jarmon
6. Bracelets, £80 each, Astley Clarke
7. Blouse, £154, Reiss
8. Skirt, £40, ASOS
9. Shoes, £225, Russell & Bromley

# MY STYLE 9 TO 5

PAULA CADEMARTORI, CEO and creative director of her eponymous accessories label, talks fashion must-haves



Paula Cademartori boots take centre stage in-store



**The first thing I do when I get up in the morning is walk my dog.** Apollo [right] and I love walking around Milan. I always have breakfast at Pasticceria Bastianello – the bread and jam there is amazing.

**I spend a lot of time working.**

But it's fun. I enjoy research and creating new bag and shoe shapes. I'd love to design the next iconic fashion piece.

**Art is an inspiration.** I often visit the Palazzo Reale museum – it has great exhibitions.

**I attend a lot of fashion**

**parties.** I always have my make-up in the office and I'm never without a glossy, red lip – Tom Ford is a favourite. Add a pair of high heels and I'm good to go.

**The right accessories can transform an outfit.** They reflect our taste and personality. My arms are often stacked with semi-precious stone bracelets.

**My staple items are** a statement coat – I have my eye on a Sacai one for spring – and a shiny, pleated skirt – every woman should have one in their wardrobe. I love the big, full type.

**My glam tip is** to always smile!

**I never leave the house without...** smoothing my fringe.



# JIMMY CHOO

THE ORIGINAL FRAGRANCE

A woman with long, wavy hair is standing outdoors in a bright, sunny environment. She is wearing a white, short-sleeved, knee-length dress with a intricate lace pattern featuring large, stylized floral motifs. The dress has a high neckline and a flared hem. She is carrying a large, tan-colored fringe bag with a long strap over her shoulder. The background is blurred, showing greenery and a bright sky.

maje

PARIS



The *molto bene* power duo: Domenico Dolce (right) and Stefano Gabbana

## STYLE SPOTLIGHT

# DOLCE & GABBANA

**CAPRI, VENICE, ROME... SO FAR, SO NORMAL** when it comes to spring/summer inspiration for fashion's most Italy-obsessed duo. But selfies? Always up for giving their shows a zeitgeisty twist, this season Dolce & Gabbana's model crowd swarmed the catwalk for the traditional finale – wielding iPhones. And these were definitely clothes to light up Instagram – an exuberant mix of souvenir-style embroidery ('Italia is love', of course), Sicilian lemon prints, bold deckchair stripes exploding over demure 50s sundresses and billowing silk maxis. Domenico Dolce and Stefano Gabbana have been putting their spin on the beauty of Italy, their native country, for over 20 years.

But do they ever suffer from Italiano overload? 'We love our country and are proud to represent Italy through our creations,' says Gabbana. 'This season, we asked ourselves how tourists perceive Italy and its incredible beauties.' The collection takes a tour around the Colosseum, Santa Maria Novella and the Leaning Tower of Pisa. 'We wanted our dresses to recall the colours, scents and landscapes of our territory. To the eyes of Chinese, Korean, Indian or English visitors, everything is even more surprising,' adds Dolce. Here, they tell us about Sicily, social media and their SS16 inspirations. ►



DOLCE & GABBANA SS16

Describing the SS16 collection as 'particularly joyful', the duo filled it with colours, prints and flowers. 'Everything applied on the gowns is handmade by artisans who work with straw,' says Dolce.



DOLCE & GABBANA SS16

DOLCE & GABBANA SS16

## FASHION FIRST



Dress, £3,450



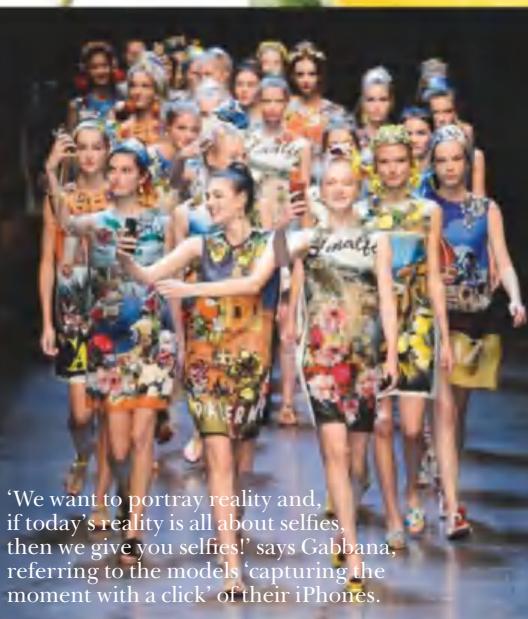
Sunglasses, £1,200



Sandals, £750



'There were postcards of Italian cities and cut-outs dedicated to seaside towns, like Taormina, that are dear to us,' says Gabbana of their mood board.



'We want to portray reality and, if today's reality is all about selfies, then we give you selfies!' says Gabbana, referring to the models 'capturing the moment with a click' of their iPhones.

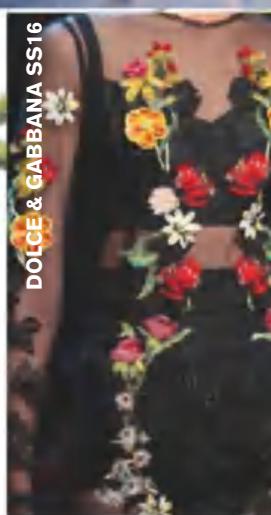
DOLCE & GABBANA SS16



Skirt, £6,500



DOLCE & GABBANA SS16



DOLCE & GABBANA SS16

Dress, £3,450



Bralet, £1,550

The lace dresses with embroidered flowers represent hours and hours of the ateliers' hard work.



DOLCE & GABBANA SS16



Headphones, about £3,400

'I am more inclined towards the baroque style,' says Gabbana. 'Domenico, on the other hand, is more attentive to lines and shapes. We complete each other.'



BVLGARI

GOLDEA  
THE ESSENCE OF THE JEWELLER

# MARIE CLAIRE GOES SHOPPING

Need an excuse for a wardrobe refresh this month? Take five...



## 1. WELL-HEELED

LK Bennett and luxury British shoe brand Bionda Castana have collaborated on a limited-edition collection for SS16. Featuring

20 designs, all named after inspiring women, we're sold.

'Jerry' shoes, £350,  
Bionda Castana  
LK Bennett

EMPORIO ARMANI

## 2. INTO THE SHADES

Emporio Armani has given aviators a fresh twist with its new-line frames. Now that's specs appeal.

£145, Emporio Armani at Sunglass Hut

## 3. SPORTS CLASS

We've long championed Longchamp's luxe, understated pieces, and its new-season ready-to-wear collection is just the right balance of chic and sporty.

From £245,  
Longchamp

## 4. NEW FACE

With its burgundy dial and fine-brushed steel bracelet, TAG Heuer's 'Carrera Lady' takes fashion hardware to the next level.

#ClockedIt  
£1,700, TAG Heuer



## 5. POWER COUPLE

Max Mara has launched the Tailored Suit Project, where you can create a bespoke jacket and trousers combo in your chosen style, colour and fabric. Yes, it's all about you. Jacket, £1,350, and trousers, £290, both Max Mara

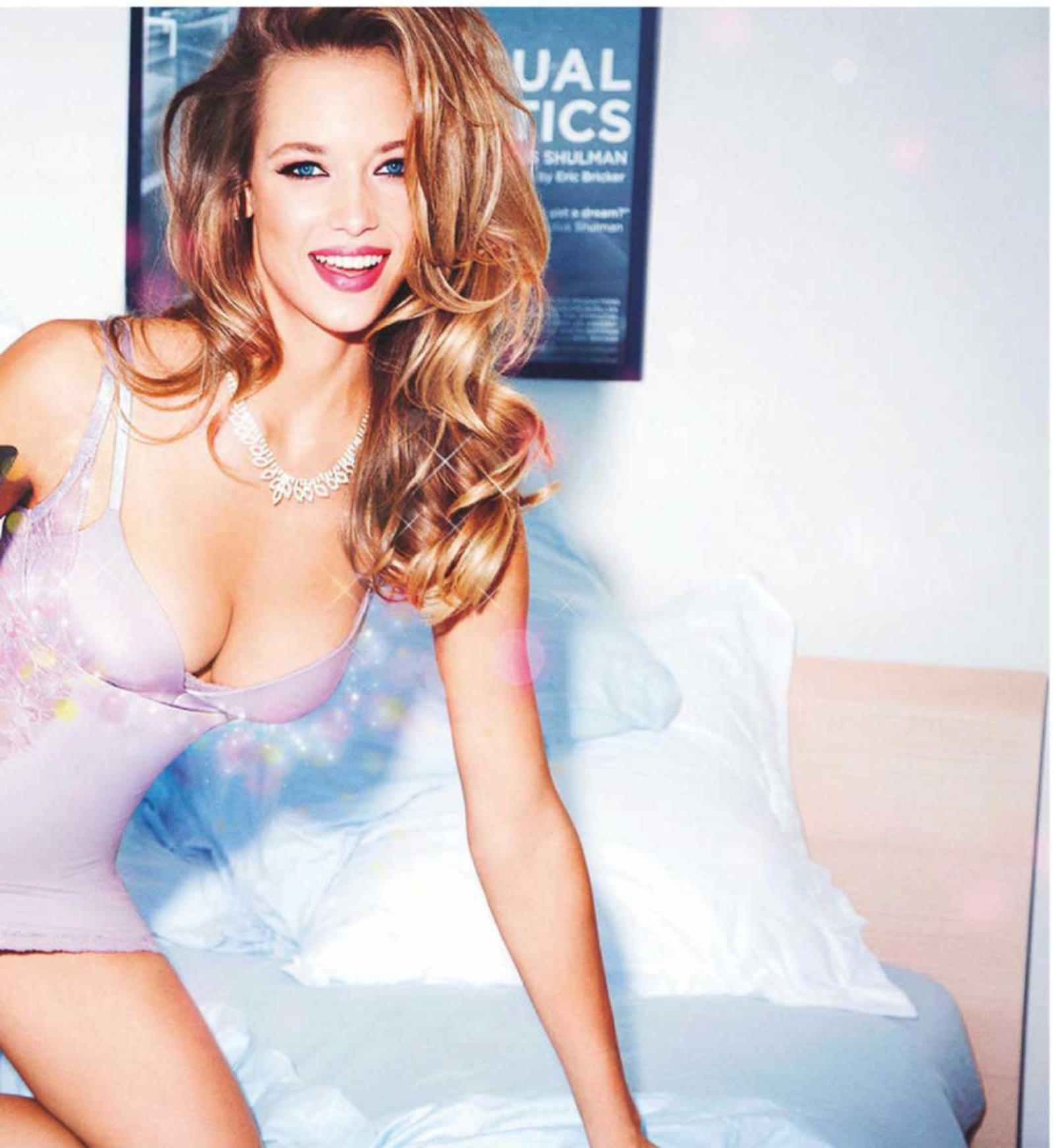


The Tassmania wedge by Stuart Weitzman  
[www.russellandbromley.co.uk](http://www.russellandbromley.co.uk)

Russell & Bromley  
LONDON



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# RIVER ISLAND

#IMWEARINGRI   

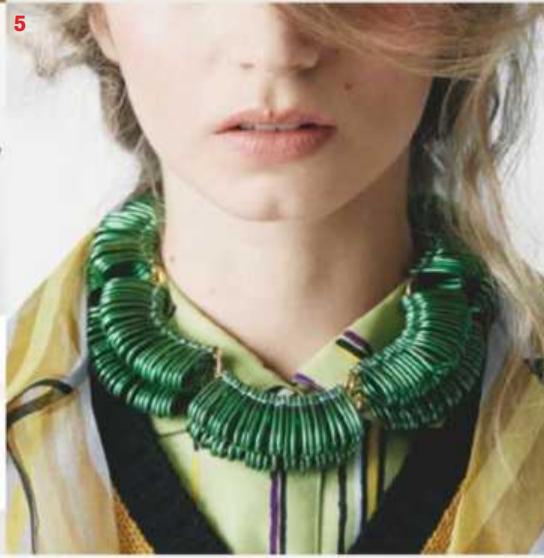
# JUST ADD...

...THE NEW TROPHY BAG, GO-FASTER HEELS AND SERIOUSLY SEXY SPECS.  
STANDOUT ACCESSORIES FOR THE HOTTEST STYLE TRIBES START HERE

*Photographs by BRIAN DALY Styled by DES LEWIS*



Jacket, £1,180, sweater, £690, shirt, £830, skirt, £690, briefs (worn underneath), £220, shoes, £925, and bag, £2,320, all Prada



1 Earrings, £325, Prada  
2 Shoes, about £1,100, Dolce & Gabbana  
3 Ring, £119, Swarovski; bag, £325, MICHAEL Michael Kors  
4 Bag, £1,510, Gucci  
5 Necklace, £257, Kirsty Ward  
6 Shoes, £580, Paula Cademartori  
7 Bag, £950, Jimmy Choo  
8 Shoes, £400, Lanvin



GEOX



#STARTBREATHING

NEBULA™



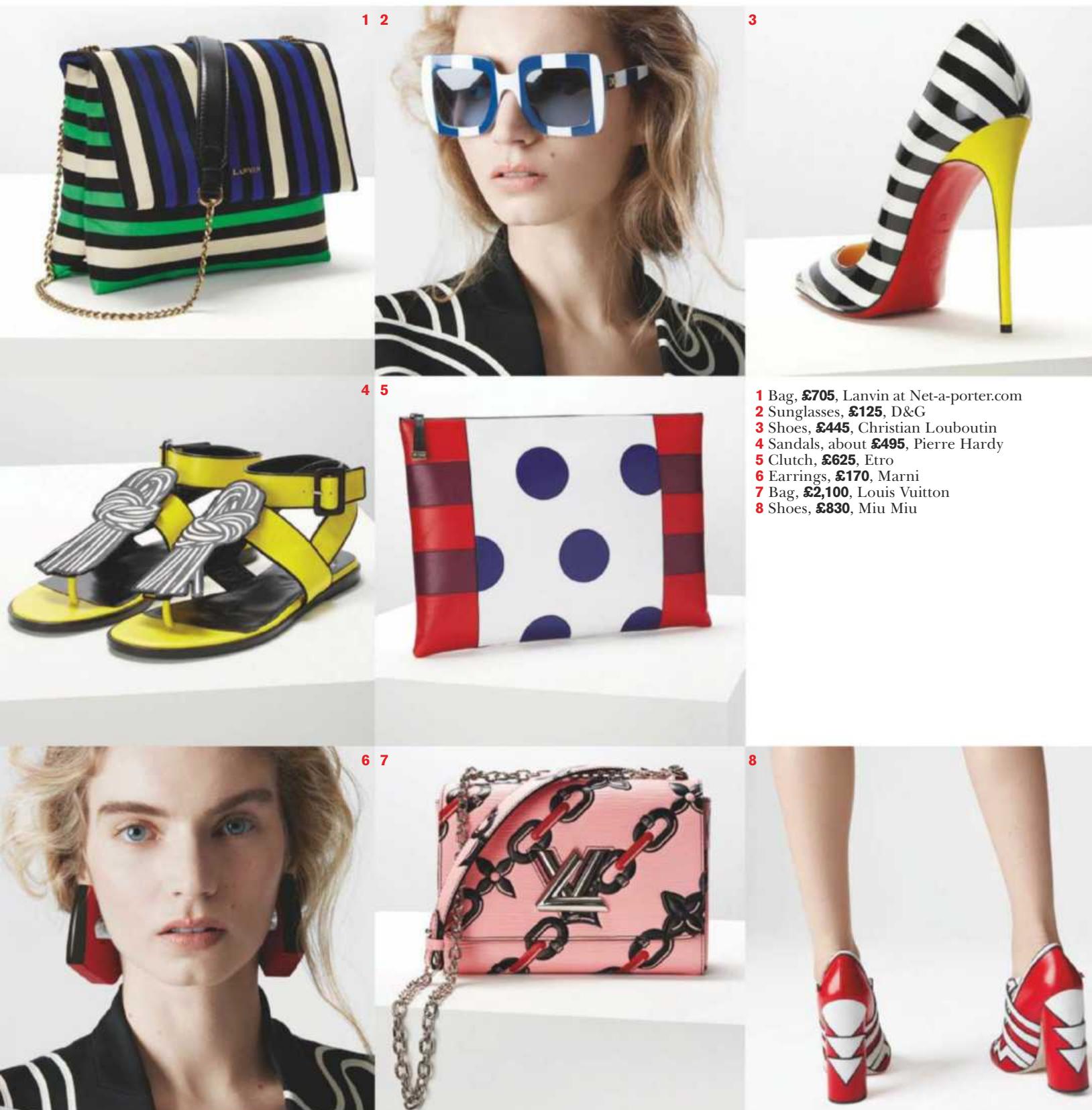
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Sleeveless jacket and trousers, £1,265 each, both Stella McCartney; shoes, £560, Marni; earrings, £170, Marni; bag (in model's left hand), £795, Sonia Rykiel; bag (across model's body), £1,210, Chanel



## THE GRAPHIC ARTISTE



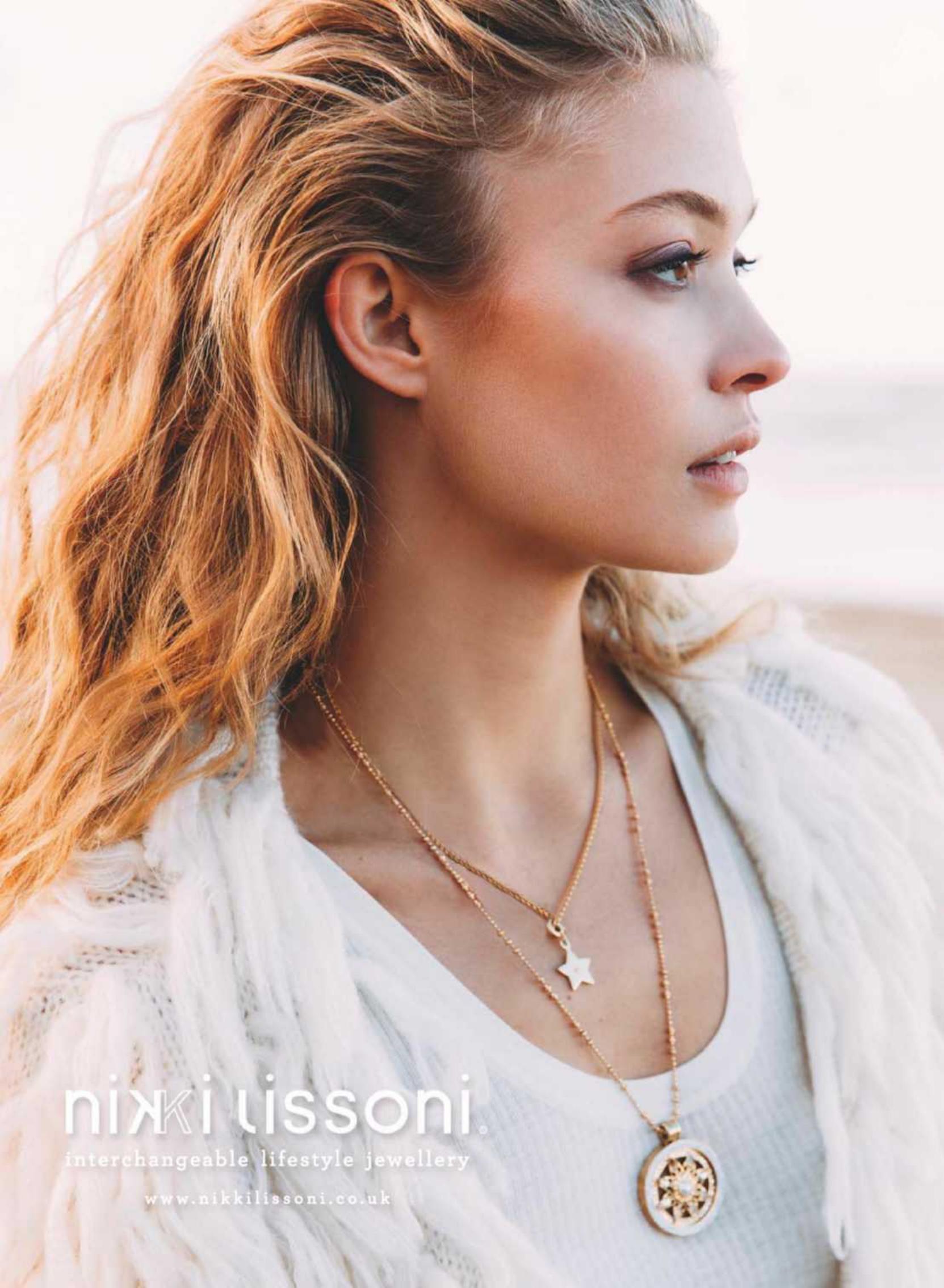
1 Bag, £705, Lanvin at Net-a-porter.com  
2 Sunglasses, £125, D&G  
3 Shoes, £445, Christian Louboutin  
4 Sandals, about £495, Pierre Hardy  
5 Clutch, £625, Etro  
6 Earrings, £170, Marni  
7 Bag, £2,100, Louis Vuitton  
8 Shoes, £830, Miu Miu



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Dress, £2,505, and shoes, £745, both Proenza Schouler; bag, £695, 3.1 Phillip Lim

## THE ROMANTIC



**1** Bag, £1,395, Alexander McQueen  
**2** Shoes, £700, Dior  
**3** Bag, £425, Hugo Boss  
**4** Shoes, £420, Bionda Castana  
**5** Tiara, £1,020, Saint Laurent  
**6** Earrings, £155, Salvatore Ferragamo  
**7** Shoes, £560, Altuzarra  
**8** Bag, £575, Kate Spade

ISSEY MIYAKE  
L'EAU D'ISSEY



EAU D'ISSEY

THE NEW BREED S/S 16 #MODERNVAGABOND



**VAGABOND**  
SHOEMAKERS

LONDON BERLIN STOCKHOLM PARIS COPENHAGEN MOSCOW MILAN



Top, £1,150, Victoria Beckham;  
skirt, about £1,220, and bag,  
£965, both Salvatore Ferragamo;  
shoes, £390, Gianvito Rossi;  
earrings, £360, Roberto Cavalli;  
ring, £95, Elizabeth and James

## THE COLOURIST

1 2



3



4 5



6 7



8



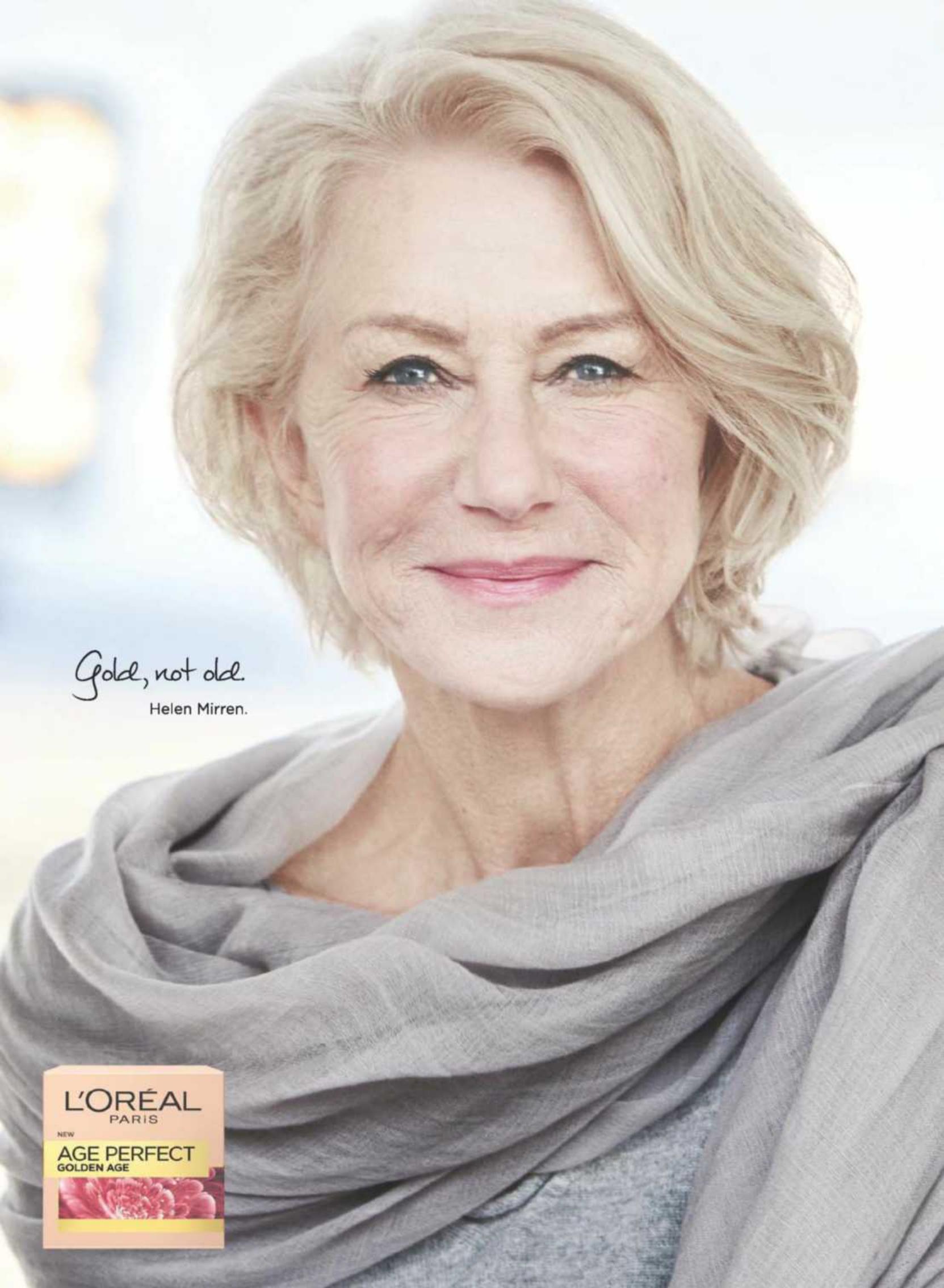
**1** Sandals, £235, Longchamp  
**2** Sunglasses, £665, Dolce & Gabbana  
**3** Bag, £395, Aspinal Of London  
**4** Bag, £885, Tod's  
**5** Shoes, £780, Casadei  
**6** Shoes, £395, Rupert Sanderson  
**7** Bag, £920, J&M Davidson  
**8** Cuff, £225, Loewe

HAIR BY HEATH MASSI AT FRANK AGENCY  
USING BEAUTY WORKS. MAKE-UP BY IRENA  
ROGERS USING CHANEL S/S 2016 AND NO.5  
BODY CREAM MODEL: MADDY TAYLOR AT  
PREMIER MODEL MANAGEMENT



JAEGER

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Helen Mirren.

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GOLDEN AGE



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**BECAUSE YOU'RE WORTH IT.**

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# The school for child brides

They plait each other's hair and sleep with diaries under their pillows – but they've got husbands waiting for them at home. *Corinne Redfern* visits the project transforming young girls' lives in Rajasthan

Photographs by ALLISON JOYCE







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Left: 11-year-old Priyanka (far right) and her friends play around before class. Below: child bride Dapu has been living at the Veerni Girls' Hostel for four years



#### DAPU CAN'T REMEMBER HER HUSBAND'S NAME.

She knows that on their wedding day, she wore bracelets stacked up to her elbows, and necklaces one on top of the other. She knows her two older sisters got married at the same time, that their father paid for dresses for all three of them, and that they came with matching veils. She can't recall, however, what she ate at the ceremony, or if she got to dance. And she isn't certain if she cried. But if she did, she says, it wouldn't have been from happiness. It would have been because she was very, very scared.

The ceremony took place five years ago, when Dapu was nine. Until that day, she'd spent most of her time playing outside her hut, or helping her sisters clean the room where all seven members of her family slept. When her grandfather arranged a union with a boy from another village, she didn't understand what was happening. 'I still don't know anything about him,' she tells me, avoiding eye contact. 'I don't like thinking about it.' Half an hour before our interview, Dapu had been shrieking with laughter and dancing along to *Macarena*. Now she's shrinking into herself. 'Two years ago, when they were 13 and 14, my sisters were sent 200km away to live with their husbands,' she explains. 'That's what normally happens. You marry when you're young, then go to live with them later. I haven't seen them since. I don't think they're pregnant yet. I worry about it.'

But Dapu's fate might be very different. For the past four years, she has been living in Veerni Girls' Hostel – a boarding house that accommodates 70 girls aged 10-17 and is currently working to eliminate child marriage in rural Rajasthan through education.

'We initially founded the Veerni Project in 1993,' explains Mahendra Sharma, who heads up the initiative. 'We weren't targeting child brides specifically, we just wanted to boost opportunities for women. We slowly developed relationships with the most deprived communities, and persuaded them to allow us to establish on-site literacy centres and sewing classes so that women would be able to earn their own income. But after ten years, we still weren't getting the results we wanted. So in 2005, we found a site that we could transform into a



**'When my sisters were 13 and 14, they were sent 200km away to live with their husbands. I haven't seen them since'**

boarding house, offering girls full-time schooling for free.'

Now with an in-house computer lab, weekly psychologist visits and quarterly medicals – plus access to two of the most exclusive (and expensive) mixed private schools in Jodhpur – the project's success speaks for itself. In ten years, 99 girls have completed their exams – and 69 of them have gone on to higher education. Only one former child bride has 'been returned' to her husband, and she hit international headlines shortly afterwards for firmly insisting upon her right to a divorce. The others have all won scholarships to study at university, while their husbands wait at home. The hope is that by the time they graduate, they'll be armed with the tools to escape the marriage altogether.

But while the programme may be comprehensive, it isn't cheap. The average annual salary in India is £2,480, and Sharma calculates that it costs around £10,200 for each girl to live in the hostel for a year; money that's raised through donations alone, and largely goes towards the cost of their education. At school they're known as the 'Veerni girls', but teachers ensure there aren't any problems about socialising ►

# NEW 500

Take the iconic Fiat 500. Now imagine it even more quintessentially 500. Cast your eyes over the carefully styled front headlights. Just one of many strikingly stylish touches that make the new Fiat 500 even more fluttering. Sorry, flattering.



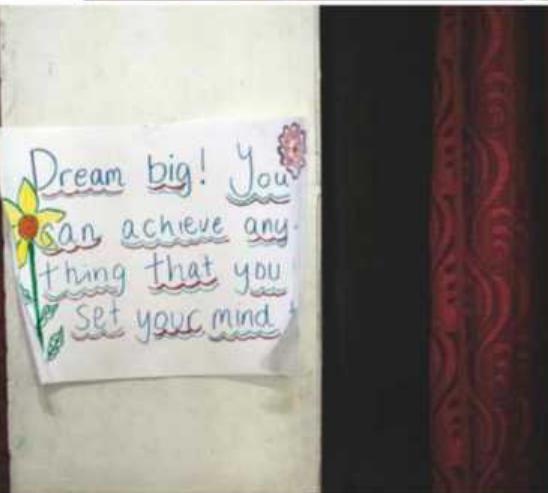
## FLUTTER TECHNOLOGY ICON RELOADED



[fiat.co.uk](http://fiat.co.uk)

Fuel consumption figures for new Fiat 500 range in mpg (l/100km): Urban 51.4 (5.5) – 68.9 (4.1); Extra Urban 65.7 (4.3) – 94.2 (3.0); Combined 60.1 (4.7) – 83.1 (3.4). CO<sub>2</sub> emissions 110 – 88 g/km. Fuel consumption and CO<sub>2</sub> figures based on standard EU tests for comparative purposes and may not reflect real driving results.

Clockwise from right: Monika studies in a Sanskrit class at the mixed private school they attend in the mornings; matron Devshree used to be a student at Veerni herself; an inspiring message for the girls



with pupils from higher castes. And while parents who can afford it contribute 10 or 20 rupees (£1 or £2) a month in pocket money for their daughters, the project matches that for the other girls, so that they all receive the same. 'They need that bit of independence,' Sharma says. 'Otherwise, what is the point?'

Nevertheless, everything else is carefully monitored. Attendance checks take place three times a day; 'fruit time' is scheduled in to ensure every girl eats at least one fresh apple every afternoon, and after taking the bus home from school, they file into the main hall, unroll a carpet and kneel on the floor to do their homework. Phones are banned, but a blind eye is turned to make-up (as long as it stays within the realms of kohl liner and nail polish). Carrier bags featuring photos of Bollywood celebs are carefully smoothed down and pressed between diary pages. Intricate henna – or mehndi – patterns are drawn on each other's palms, with smiley faces on the fingertips. Families visit on the last Sunday of every month; weekly speakers give talks on female empowerment and there's a talent show at Christmas. An ex-army officer has even been brought on board as the fitness instructor.

'We want them to be children,' explains Devshree, 22, who used to be a student at Veerni before she was hired as the hostel's matron last year, helping the girls with their

studies, and providing them with support, day and night. 'I remember coming here when I was 14, and feeling really scared. I'd never spent a night away from home before. I was lucky, because my father always understood the importance of education, but even though I was allowed to attend the literacy centre in my village, it wasn't enough. Girls are not equal to boys in the villages. But when they come here, we try to show them that they are.' Devshree doesn't know it yet, but her father has been so impressed with her progress he's promised the Veerni Project he won't arrange a marriage for her unless she wants one. 'She sends money home, but he doesn't spend it,' Sharma tells me. 'He's opened a bank account in her name, and deposits her wages there. She's in control of her own future.'

One of the youngest girls in the house is Priyanka. Forced to marry a man from another village when she was five, she doesn't think she knew what 'marriage' meant at the time. She's not certain she does now. 'Three of my sisters live with their husbands,' she tells me. 'My oldest sister is 18 and has three sons. One of them is five – I love playing with him.' The 11-year-old now sleeps in the junior dormitory on the top floor of the hostel with 40 other girls under 14. Everyone has a bed with a foam mattress, covered in a pink, candy-striped sheet, and Priyanka wears a piece of string around her neck with the key to her ►



Left: the girls play Kabaddi – a cross between tag and Red Rover.  
Below left: the girls study in the in-house computer lab



suitcase – ‘for secrets,’ she whispers, conspiratorially.

Like Devshree, not all the girls are child brides. Monika came to the hostel when she was ten. Her father had been killed falling underneath a train three years previously, leaving her mother to work long hours packing peanuts on a nearby farm, and the then seven-year-old looking after her brothers and sisters. ‘When he died, there was nobody else to help,’ she says, quietly. When her mum heard about the Veerni Project, she begged them to take her daughter. ‘Now I have to work hard, so I can become a pilot,’ she explains. ‘My dad said being a pilot was the best job. I want to make him proud.’ She shares a room with Worship, 14, who joined the school after Sharma learned that her parents were so desperate for money, they were preparing to set her and her sister to work as prostitutes. ‘We had four spaces for this academic year,’ he explains. ‘Over 200 girls applied, so we had to pick the most urgent cases. For Worship and her sister, time was running out. She comes from the lowest caste, so her parents wouldn’t have been able to find them husbands, and they needed to find a way for them to earn their keep.’ It’s not clear whether the sisters know of their parents’ intentions. ‘My mother is illiterate,’ says Worship. ‘But now I am here, she is very supportive. She says if I can study hard, I can become an RAS officer [the Rajasthani equivalent of the civil service].’

## ‘Girls work harder and study more than boys. And when we get an education, we’ll succeed more, too’

You don’t need a before and after photo to see the positive impact of the project on the girls’ lives. But two months ago, its effect on the community as a whole became clear. Elders from Meghwalon Ki Dhani, a poverty-stricken hamlet located 80km into the desert – where every girl is married off before the age of nine – invited the Veerni staff members for a visit. Upon arrival, they were greeted with gifts; flower garlands and woven scarves for the women, red turbans for the men – symbols of the highest honour. A sound system had been hired, and a man wearing a striped shirt took to the stage with a microphone. There, he announced that the village elders had witnessed the project’s work and had made the decision as a community to not only outlaw child marriage, but to dissolve any unions that had yet to be consummated. For the first time, any ‘husbands’ who had a problem with their ‘wives’ leaving them wouldn’t be able to object – the girls had the entire community on their side.

When the Veerni staff offered to refund the village for the money they’d spent on organising the event, the elders refused. The staff pushed back, offering to build a modernised toilet block instead. The elders shook their heads, then – without any prompting – tentatively suggested building a computer centre in the village for the girls who were too young to attend the hostel so they could get a ‘head-start’. ‘Five years ago, that would have been their lowest priority,’ says Sharma, proudly. ‘They’re finally realising that girls aren’t just objects to be used or dismissed, and that by investing in their daughters’ futures, they’re investing in their own.’

For Dapu and her friends, it’s a revelation that’s long overdue. ‘Girls are actually way more intelligent than boys – we work harder and study more than them,’ she says. ‘And when we get an education, we’ll succeed more, too.’ ■  
*If you’d like to support the Veerni Project or find out about volunteering in the hostel, visit [veerni.com](http://veerni.com).*

A black silhouette of a person's head and shoulders, facing right, holding a bottle of Toni & Guy 3D Volumiser. The bottle is gold with a pump dispenser and has the brand name and product description printed on it.

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# What it feels like... to have a stepmum the same age as you

**MY DAD WAS VERY LONELY** before he met Joanna. So, eight years ago, when he phoned to tell me he had met someone, I was more than ready to like her. That was until he said she had just turned 25. I was 24 at the time.

'He's so happy,' I told myself over and over again, trying to ignore the sick, sinking feeling in my stomach. 'Age is just a number.' But while I know that's true, and my dad's happiness is the most important thing, it was hard to cope with. And it still is.

The thing is, it does make sense. My dad's 58 now, but he's always been young at heart. Whenever I spend time with him, we're down the pub or having a laugh with my friends, so I guess I can't imagine him with a woman his own age.

Unfortunately, I couldn't deal with him seeing Joanna either. The first time I visited the house while they were dating, she was in the kitchen and didn't come out to say hi. Maybe she assumed that because of her age, I simply wouldn't like her. To be fair to her, when we did meet, I struggled to make eye contact, and it's been like that ever since. I've really tried – there have been awkward coffees, attempts at bonding over mutual TV shows, shopping trips... yet I still find her to be as rude and cold as she was to me the first day we met. Mostly, it's a personality clash – she's very sensible and corporate, whereas I struggle to take anything seriously – but the age thing doesn't help. She's quite patronising, which I think is a way of showing her authority. It's like she's trying to deflect from the fact that we're both 33.

Dad doesn't see it, and I haven't told him how I feel. We used to be close, but I find it hard to spend time with him when Joanna is there, so our relationship is more distant than it once was. It may sound like I'm



*'She's fixated on sex. She told me she has a Brazilian, because it drives Dad wild. I told her to shut up'*

jealous, but I'm really not. Ever since Mum left Dad 10 years ago, my younger sister and I have worried about him being alone, so I know my feelings are specific to Joanna. It doesn't help that for someone who prides herself on being very 'mature' for her age, she's incredibly fixated on sex. She once told me she has a Brazilian, because it drives Dad wild, and she even complained that sometimes their love life suffers because of his age. I had to tell her to shut up.

It got worse when they married two years ago. It was an extravagant affair, and I stood there in my bridesmaid dress, desperately trying to pretend that I approved. No expense was spared, and I got it: for Joanna, it was

her first wedding and she wanted the fairy tale. I spent the day thinking about how it looked to outsiders. You know, new young wife, expensive wedding... However, it's not like that. I might dislike Joanna, but she loves Dad and isn't with him for his money.

And that's the real problem. Joanna has given up so much for him. Dad doesn't want more kids, and she says she's fine with that, but I know that minds can change. I've seen it happen to so many of my friends. They all said they didn't want to have children, and then they edged later into their thirties, and suddenly out popped 2.4 kids. I say I don't want to be a mum, but I don't think I can be 100 per cent sure until I'm a bit older.

The heartache it would cause my dad if Joanna left him terrifies me. Perhaps that's why I can never really embrace her. I know how careless my friends and I can be with other people's hearts, how many mistakes we make. I don't want Joanna to make one with my dad that means he's on his own. Again.

# FAKE NOTHING



In the beginning were the gemstones, and the gemstones became our family's world. Welcome to Gemporia and our quest to restore genuine gemstone jewellery as the most sought after of personal possessions. Our journey is drawing others to believe in the miracle of genuine gemstones as passionately as we do. Our mission inspires greater hope and purpose for the remotest of gemstone communities. We denounce the fakes and mass-produced synthetics that have infiltrated, confused and flooded the jewellery market for the last few generations. Gemporia jewellery is crafted for the body, mind and soul. We encourage women around the world to be at one with nature - to fake nothing.

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Artistic licence: if tattooists are caught, they face fines of several thousand pounds – or jail

## Underground ink

**South Korea is home to some of the world's most renowned tattoo artists, but they operate in near-total secrecy. Corinne Redfern gets under their skin**

Cross the Hannam bridge over the Han River that weaves its way through Seoul, and take a left off Gangnamdaero. Veering east, wander down a few shadowy side streets – the kind where CCTV is sporadic and streetlights flicker even in the daylight – and eventually you'll spot a flight of narrow, concrete steps. To your right is an old multistorey car park, dilapidated and grey. To your left is a block of flats. Then you spot some green spray paint on the floor. Dialling the number on your phone, you speak quietly. 'Hi. I think I'm here.' Ten minutes later, you're being inked.

Welcome to South Korea, a country where only licensed medical professionals are legally allowed to tattoo people (only, they don't), and body artists subsequently operate underground (in lieu of studying for a five-year medical

degree). Appointments are organised over social media, locations are vague and you're likely to be met on the street by an assistant, while the inkers themselves tend to remain out of sight. After all, getting a tattoo isn't a punishable offence, but the act of doing it is. So if artists are caught, they risk fines of several thousand pounds, and could even go to jail for 'violating public-health codes'.

'I actually had no idea tattoos were so hard to get in South Korea until I came here four years ago,' says English teacher Sara Sickels, 27, who has six designs across her body. 'But straightaway, I realised the culture surrounding body art was very underground. You'd pass somebody with a massive sleeve and wonder where they got it done, because there were no signs for tattoo shops anywhere – everything was done by word of mouth or Facebook. When I decided to get one with some friends, the artist's studio was in his flat. It was really comfortable, but I've never seen that kind of set up before.'

'It's invasive. The skin is punctured and it bleeds,' explains Ahn So-Young, spokeswoman for the Korea Medical ►

European languages in order of difficulty

Easy French, Italian, Norwegian, Portuguese...

Association. 'That's why we look at tattoos as a medical procedure.' She adds that the current regulations are in place to reduce the risk of HIV or hepatitis from unsterilised needles.

But things do seem to be changing. A survey has been commissioned by the government, apparently to assess the demand for more relaxed regulations, and neon signs for tattoo shops are popping up at night. For artist Kim Michay, a change in legislation can't come quickly enough. One of Seoul's leading tattooists, she has over 10k followers on Instagram, and her Tumblr posts rack up hundreds of shares. But try to find her address online, and you'll struggle. In fact, it turns out that the only way to contact her is over 'Kakao Talk' (the local equivalent of WhatsApp) and she's reluctant to share her story. Meanwhile, fellow artists talk online of making

their own equipment or learning their skills digitally. 'I just looked at pictures for a long time to try to figure out how to do it,' says one.

Nevertheless, as it stands, the social stigma doesn't end in the artist's chair. 'If you've got tattoos, you're typically banned from saunas or spas,' explains Sickels, adding that guys with tattoos are associated with gangsters, and inked-up women are linked to prostitution. 'I once went for a beauty treatment, and halfway through, realised a seventysomething Korean woman was trying to scrub one of my designs off with a loofah. Also, when I first started teaching, every inking needed to be constantly covered – even in the peak of summer, I had to wear leggings and socks. These days, I try to talk to my students about my tattoos instead. That's the only way to create change.'

## TINDER, PERUVIAN STYLE

The people of Taquile Island, on Peru's Lake Titicaca, have a unique way of broadcasting their relationship status. When women are ready to settle down, they begin wearing colourful pom-poms on their hats, which announce to the world that they're on the hunt for a husband. If successful they add a red dress, meaning 'married'. Any other colour means 'single'.



## Five things to learn from your intern

Yes, they might sign off their emails with emojis and narrate every waking moment through Snapchat, but they can also teach you a thing or two

This year, 'Generation K' hits the workplace. Their immersion in the world of technology makes them the most psychologically different generation in decades – and great teachers for the rest of us.

### 1. Become a social-media pro

Instagram and Twitter aren't just for selfies or seeing what Kylie Jenner's been up to. Use them to promote your business, see what your competitors are doing and keep up to date on industry news. Think subscription lists on Twitter and scheduling your output on Facebook.

### 2. Think outside the box

If you're stuck on a problem, bogged down in meetings or sick of procedures that take up half your day, there's a strong likelihood your intern will know how to cut your to-do list down to 0.5 seconds using an app on their phone.

### 3. Gain perspective

This generation was raised through 9/11, the war in Iraq and the recession. In fact, it's thought they've seen more world conflict and negativity in childhood than any of us. This means they're way calmer in times of crisis.

### 4. Be cool

Still telling people that their eyebrows are 'on fleek'? Don't. Nobody says that any more. If your business wants to appeal to a younger audience, who better to ask about the latest acronyms and slang words than the young people using them?

### 5. Get their advice

Your intern will have their fingers on the pulse when it comes to the hottest new openings. If you want to impress a new client by looking like you are down with the kids, pick your intern's brain first. ■



**Wonder Woman**

**GRACE QUANTOCK**

Founder of *Healing Boxes*, a gift-box service for people dealing with illness or tough times

### My inspiration

'In 2006, one of my friends became ill and every gift I found seemed like it had been designed by someone who had never entered a hospital. From my experience of living with chronic illness, I knew the kinds of things you might need if you're in bed for a long time.'

### My motivation

'People have told me they feel empowered that they can do something for their loved one who is in hospital. Everything is as eco and ethical as possible: our cards benefit an orphanage in India; our journals are Fairtrade.'

### My highlight

'After creating boxes for a woman undergoing chemo, we were asked to make another one to celebrate her treatment being over. That was wonderful.'

### My goal

'We want to make healing boxes available to everybody by selling them in hospitals. They're not just a one-off gift; we encourage people to fill the box with happy items, like photos of happy times, if they've had a bad day.'

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# #DRUGS2016

From hooking up with dealers on Tinder, to adopting a 5:2 approach to health and partying, UK drug culture is changing at a rapid pace. *Kate Wills* reports on how society and social media are reshaping the landscape

**FROM THE WHOOSH OF LAUGHING GAS AT A** festival to the wide-eyed water-sippers at a gig, via the exam-stressed student ordering legal highs off the dark web, you don't have to look far to find someone using illicit substances in the UK. The average drug user is white, educated, healthy, aged 28 and just as likely to be female as male\*. But the most recent findings from the Home Office reveal some surprising insights into the way women are buying and sharing drugs.

Cannabis is the go-to choice for two million Brits, with four per cent of women relaxing with a joint last year, while cocaine and ecstasy follow suit in second and third place. And while LSD usage is still relatively small, it's up 117 per cent compared to 2012/13, proving the trend for all things 70s in 2015 didn't just extend to fashion\*. The biggest game-changer in drug culture, though, has been technology. Silk Road – the most famous of the online black markets – is gone, but a plethora of copycat sites mean that narcotics are now just a click away. Last year, one in five of the UK's substance users bought their

drugs online\* even using the likes of Tinder to pick up their highs – a source considered far safer than scoring off a stranger in the street. 'Drug culture has changed fundamentally by the arrival of internet-based dealers,' says Mike Power, author of *Drugs 2.0: The Web Revolution That's Changing How The World Gets High*. 'We've got a generation of women who get everything off the net – why not drugs? Yet there has been no corresponding revolution in drugs education.'

Added to this, a rising number of 'healthonists' – women practising a 5:2 approach to their lifestyle – are adopting a similar technique for their drug-taking. They detox on green juices and yoga during the week to compensate for a chemical blowout at the weekend. 'This seems to be prevalent among the late twenties and early-thirties age groups,' says Val Curran, professor of psychopharmacology at University College London. 'Research into alcohol taken this way indicates bingeing and fasting is worse for your body than small amounts spread out over time.'



## A history of highs



1692

### The Salem witch trials and ergot

Bewitched... or just high? Ergot, a fungus that forms in old rye bread, causes hallucinations and leaves you feeling stoned – or, err, possessed. No surprise then, that most witch trials occurred in areas where rye was the grain of choice.



1837

### Opium

Not yet known for its addictive properties, opium was sold freely – and went by the name of 'Mother's Friend.' It was thought to keep women quiet and calm – and was used to assist during childbirth and relieve PMT.



1840

### Weed

Cannabis was widely prescribed to cure various illnesses, but more so for diseases associated with women, such as gonorrhoea, uterine bleeding and labour pains.

1877

### Cocaine

Cocaine was commonly used to relieve aches experienced by women, such as cracked nipples, vomiting during pregnancy and painful intercourse.

A picture posted with the #Instadrug hashtag



## MEET THE #INSTADRUG GIRLS

**The latest trend in Instagram porn combines women and drugs, and it's gaining popularity, says Sally Howard**

A young redhead woman, wearing a black lace thong and a come-hither smile, lounges on a bed with two neat lines of white powder etched on her naked buttocks. A teenage blonde winks sleepily, her painted nails suggestively gripping a bong as a Kim Kardashian lookalike reclines, doe-eyed, wearing a gold bikini and some lip gloss in a bathtub full of marijuana buds.

These images could be the contents of a teenage boy's wet dream and, in a sense, they are. Writ large across Instagram, the antics of the #instadrug girls are the last word in click bait.

Thousands of accounts, many of them run by young women, which glamorise and sexualise #snow #stonergirls and #benzies, are racking up male approval, and hundreds of thousands of 'likes', as they go.

The trend comes in the wake of #retodelpasesito, or the 'little pass challenge' (Spanish slang for snorting coke), a 2015 social media fad that encouraged young South and Central American women to post a picture of themselves on social media taking a bump of cocaine (which provoked a moral panic and crackdown by the Mexican government).

Kaylee Smith\*\* posts under the Instagram handle [\\_.drugs.inc.\\_](#) with the tagline: 'benzos n blowjobs' ►



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READY TO MAKE  
YOUR WISH?

(benzos being slang for Benzedrine, which is a pharmaceutical-grade amphetamine).

Recent postings show the 19-year-old in a miniskirt and low-cut top with a palmful of blue pills while lighting a bong.

Her account, Smith admits, is unabashedly designed to attract legions of male followers. 'You look at what's big on Instagram and it's sexy girls and it's dope,' she says matter-of-factly. 'I don't have anything to sell, but I kinda figured that this is the way to grow my brand, by riding hashtags like #stonergirls and #kushqueen [US slang for a sexually available girl who likes to hang with stoners] and picking up likes.'

The legality of the #instadrug trend however isn't entirely clear. Instagram, for now, tolerates the accounts as they don't strictly contravene its user guidelines unless, as a representative says, they, 'Show full nudity or sexual intercourse or offer sexual services or illegal or prescription drugs for sale.'

The British National Crime Agency's Cyber Crimes Unit told *Marie Claire* that policing social media accounts, except when these accounts are defamatory or threatening or linked to organised crime, falls out of their remit.

Dr Johanna Blakley of the University of Southern California studies social media and its gendered impacts. She claims that we shouldn't be at all surprised about the online prevalence of sexy images of drug-taking girls. 'Sex, drugs and rock 'n' roll have always gone hand in hand,' says Blakley. 'Social-media platforms are about what sells. Sadly, sexism also appears to sell.'

The fans of the #instadrug phenomenon are indubitably male, following their favourite girls with encouragements to 'post another pic of you smoking babe', or comments like, 'Yo! ain't nothing better than tits 'n' grass!'

Smith, who says that she is currently filming a '3am party video on xanies [Xanax]', says that she rejects the idea that there's anything sexist in her party-girl self-portrayals. 'It's who I am,' she says. 'So what's wrong with showing the world?'



A cocaine post on Instagram



## 1920s Cigarettes

During the 20s, cigarette manufacturers began to target women in their marketing campaigns. They linked the benefits of cigarettes to weight loss, and designed tips that wouldn't stick to lipstick.



## 1968 Valium (diazepam)

Although a prescription drug, Valium became one of the most overprescribed antidepressants for women. It was used to help them with 'the daily struggles of womanhood'.



## 1976 MDMA (ecstasy)

Though it has seen a huge resurgence on the club scene in recent years, ecstasy first appeared in popular New York nightclubs such as Studio 54 back in the 70s and early 80s. It was created in 1912 as a potential treatment for abnormal bleeding.

# HIGH BRIDES

**Taking drugs at a wedding reception is nothing new, but the trend for gift lists and party favours consisting of illegal substances points to the normalisation of female drug-taking. Newly married Daisy, 30, explains**

'When my now-husband and I were planning our wedding, there were dozens of things we disagreed on – what the speeches should be like, how religious it should be. But there was one thing that we didn't even need to discuss: whether we wanted to get high for our big day. We met at university and have a big group of party-loving friends. Having drugs at our reception for guests to enjoy didn't feel like a big deal. I've been to plenty of weddings in the past where friends have taken drugs, so I knew nobody would mind.'

In the run-up to the day, we were fairly open with friends about drugs being available for guests, but it was like any party – if you wanted it, you could seek it out, and if you didn't, you could ignore it. Our conservative Jewish families probably would have been shocked if they'd known.

We initially asked one of my husband's friends to supply the drugs, but he felt uncomfortable with the idea of picking up for other people, so I rolled a couple of joints for myself and carried them in my clutch bag. Then various friends brought the cocaine, which my husband and other friends enjoyed during the reception.

The weed helped me cope with the emotional aspect of the wedding. My parents had a messy divorce and my wedding day was the first time in a decade that they were going to be in the same room together. Organising the day was stressful, so I unwound after the service with a joint before the reception in the way some brides might with a large glass of wine.

You might assume that everyone being high would mean it was a "messy" reception, but it wasn't. There was so much love in the room – not because some of us were high, but because it was a day for our families and friends to all come together and the drugs intensified our feelings. I wouldn't change a thing.' ▶



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Insta-intense: speed and cocaine can take sex to another level

# SEX POT

As illegal drugs go mainstream, 'high sex' is increasingly becoming the credible alternative to the (often disappointing) drunken shag, as Max Daly reveals

It's official: sex on drugs is a thing. Rihanna has a copy of the cannabis lover's guidebook, *Sex Pot The Marijuana Lover's Guide to Gettin' It On* by Mamakind. There's a range of clothing emblazoned Highsex, a dating app for weed smokers called High There! and let's not forget the marijuana-infused lube and a dildo that doubles as a bong. Meanwhile, social media is full of drug-sex references, such as #highgasm and #stonersex.

'Sex on MDMA is intense and beautiful,' says Kirsty, a 33-year-old teacher from Manchester. 'Small doses of ecstasy make my head tingle and my skin feel sensitive. It's a more sensuous experience than non-drug sex.'

A club-goer who fits her nights out around a hectic work schedule, Kirsty says having sex on ecstasy (described by Sheila Henderson in her book *Ecstasy The Case Unsolved*, as 'a feminist's dream') is all about being on the same wavelength. 'On ecstasy, boys are less bothered about their goal and more concerned with you. It's easier to express yourself because it makes you feel more intimate. It doesn't work if I'm on ecstasy and he's drunk,' says Kirsty.

Taking different drugs has varying sexual effects. Generally speaking, stimulants such as

speed and cocaine make sex last longer. Ecstasy, with its powers that increase empathy and euphoria, is more about sensuality, while cannabis can increase awareness of touch and taste. GHB, GBL and crystal meth – drugs used at gay 'chemsex' parties – produce the best orgasms. And while for men, drugs enhance the experience below the waist, for women, the impact seems to be more cognitive.

However, a study looking into how different drugs are used for sex that was carried out by John Moores University involving 1,300 clubbers in nine European cities found that the more drugs people took, the more sexual partners they were likely to have. And the less likely they were to use contraception.

'I've got a high sex drive and I can't remember the last time I had sex without cocaine,' says Charlotte, a 28-year-old legal secretary from Kent. 'If a man has taken coke, it goes on all night and the burning desire is satisfied.'

But of course there is a downside, too, with any chance of lasting intimacy out of the question. 'The next day I want him out of my bed as I get very down,' adds Charlotte. 'My behaviour on drugs is very different from the person I present at work or to my family.' ■

## 1986 Cocaine and crack cocaine

Commonly taken by high-flying business types during this time, a survey in 1986 estimated that a massive 1 in 11 Americans had tried cocaine\*. Back in the UK, crack-cocaine addiction was becoming a growing problem.



## 1990s LSD

The hallucinogen, which first peaked in the 60s and again in the 70s, once more became a club favourite. Users enjoyed it for its mind-bending 'trips' lasting anywhere from six to 14 hours.

## 2007 Ketamine

Commonly used as a horse tranquilliser, ketamine use had been growing year on year with an estimated 90,000 ketamine users in the UK\*. As a result, cases of serious bladder problems ('K bladder') began to surface.



## 2016 NPS

The Home Office says 47,000 women took New Psychoactive Substances (NPS) last year\*. Experts warn these 'legal highs', which mimic cocaine, ecstasy and marijuana, could kill more users than heroin this year because they can be easily bought online.

# Holiday Season

She cut her teeth on teatime costume dramas, now **HOLLIDAY GRAINGER** is ready for Hollywood. Here, she talks on-set sexism, airport fashion and Instagram fakers

*Words by OLIVIA FOSTER*

In a corner booth of the Oscar Bar in London's Charlotte Street Hotel, Holliday Grainger is telling me about her discovery of a fake Twitter account set up in her name. 'I was so fucking bored reading it,' she says. 'All [the tweets] were going, "love yourself",' she says cringing. 'I just wouldn't say that!' Her friends have also alerted her to a fake Holliday Grainger Instagram account filled with a lot of gushing inspirational quotes. 'Though perhaps in some world where how many followers you have on Instagram actually matters, the people who set these things up are helping me out,' she says.

With such a bashful (and very British) attitude to fame you could be forgiven for thinking 27-year-old Grainger was new to show business. In fact, her career began over two decades ago, when her mother began chaperoning her to auditions at the age of five. 'I don't think I would have enjoyed them quite so much if she hadn't come with me. Having a parent there gives you the freedom to do whatever you want without being scared,' she says. With her pale skin and Botticelli angel pout, Grainger has since become something of a period-drama doyenne, ticking off leading-lady roles in 16th century drama *The Borgias*, *Great Expectations* and, most recently, a saucy BBC adaptation of *Lady Chatterley's Lover* with Richard Madden and James Norton.

Her mum still pops out to visit her on set, as does her actor boyfriend Harry Treadaway (the pair met through mutual friends and have been dating since last year). This month sees her fast forward to the 50s to star opposite Chris Pine in new movie *The Finest Hours*. Based on a true story, Grainger plays Miriam, the girlfriend of a coastguard called out in a storm to save a crew from drowning.

#### *How do you approach period characters like Miriam in *The Finest Hours*?*

'Well, when I got the script I was slightly lost as to how to play Miriam, because on the page she could have been seen as a whiney girlfriend. But Craig [Gillespie], the director, wanted her to be a strong woman. And when I met with Miriam's daughter Pattie and one of her friends, I got a sense of the strength of a woman in the 50s. Nowadays, you think it's strong to be independent but, in those days, it was about getting what you wanted then sticking to your guns. You had to stand by your man.'

#### *As a woman in a very male-dominated industry, do you feel that you are given a voice on set?*

'On one level, it's sometimes easier to be listened to [as a woman], because quite often you are in a male-heavy environment, so your opinion might be slightly different. However, sometimes there can also be a bit of male ego going on and you're so out of that you don't want to say anything. What is definitely important now is that women continue to be assertive about equal pay and being given the same decision-making clout [as men].'

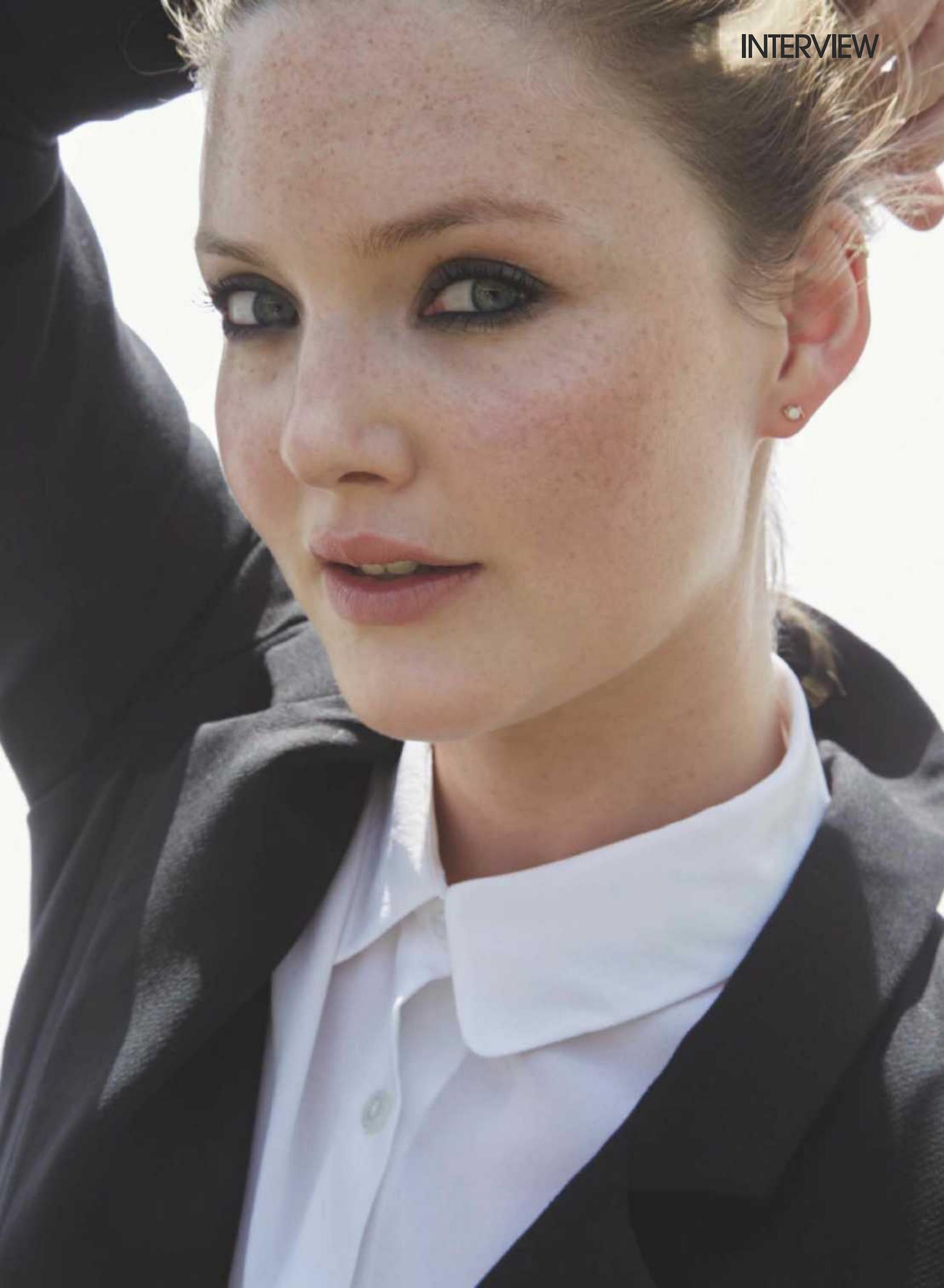
#### *Having been in the business for so long, do you get any sense the tide is turning and there are better female lead roles?*

'I've read a few scripts over the past couple of weeks where the characters are all women – a sci-fi movie made up of five female scientists – or mainly women – a TV film about the three Brontë sisters. The fact that you're excited and like, "Oh, there are women in it" just serves to highlight how rare it is. But you've got to start somewhere.'

#### *Have you ever felt real pressure to change the way you look?*

'Not particularly. Because I'm an actor, it feels like a standard thing. I'm also quite good at brushing off any remarks. Producers have called up to check that I'm in ►

INTERVIEW



shape, but what does that mean? You've got to take it with a pinch of salt. It's like, "I'm in good shape for me, thank you very much... I have a shape and I'm keeping it."

**You're approaching your thirties. What are your expectations for roles in the next decade?**

'Well I'm hoping that by the time I get [there] it will be changing. It does worry me a bit, because I do feel like I'm just edging into [that stage] now. I'm a bit too young to play the great, meaty, wise, grown-up female roles, but I'm not going to be the teenager or the ingénue any more. Quite often men will have a late-blooming part with great roles coming up in their late twenties and thirties, while for women there's a gap.'

**The pressure to look good on the red carpet must be immense. Are you a fan of fashion and shopping?**

'If you'd have told me two years ago that I'd have a stylist, I would have been like, "Shut the fuck up. Who do you think you are?" But Rebecca Corbin-Murray offered to sort out clothes for me for BAFTA this year for free and it was just so lovely and easy. You can literally say, "This is the kind of look I want," and someone will do your shopping for you. And I hate shopping! I tend to only shop at airports when there's that hour before your flight. There was a period of my life where my entire wardrobe was from Mango, because I was flying out from Manchester airport a lot and at the time it was the only shop there I liked. Now if it's from Heathrow it's Zara or Fat Face – I have so many Fat Face swimming costumes.'

**Are you always upbeat about work or does your schedule ever leave you jaded?**

'Last year, I worked pretty solidly back to back on stuff. I remember thinking my only days off are travel days. You're sort of like, "Whoa!" It's quite intense. I did some really exciting and interesting things last year, but at times I didn't feel like I was as excited about them as I should have been. I am still only 27, and I'd like to have a good few more years of excitement left before my work does just become a job.'

**Do you feel anxious if you're not working?**

'Yes, I feel like, "What have I got to do? Oh, nothing." But you still can't shake the guilt, which is sort of what this year has been about for me really, shaking that feeling. It's OK and it's not actually scary. You can turn something down and then you might not work for six months, but will you get something else? Probably. You will be all right.'

**Has your success given you more confidence?**

'I get more nervous before auditions as I get older, because there's an element of feeling like the more successful you are, the more is expected of you. I never used to be nervous [before auditions]; now I feel like I'm walking into this room where people are expecting me to be good. But I don't just want to be good, I want to be better than you think I'm going to be.' ■

The Finest Hours is in cinemas now.



**From right:** Grainger and Richard Madden in *Lady Chatterley's Lover*; as a stepsister alongside Sophie McShera and Cate Blanchett in *Cinderella*; with boyfriend Harry Treadaway; and Rachel Brosnahan in *The Finest Hours*



'Producers have called up to check I'm in shape, but you have to take it with a pinch of salt. It's like, "I'm in good shape for me, thank you very much"'





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# The ~~best~~ worst days of your life

From showcasing a baby bump to organising The Big Day, there are certain life

stages that society regards as the peak of female happiness. But what if your experience doesn't live up to the hype? Three women share their stories...

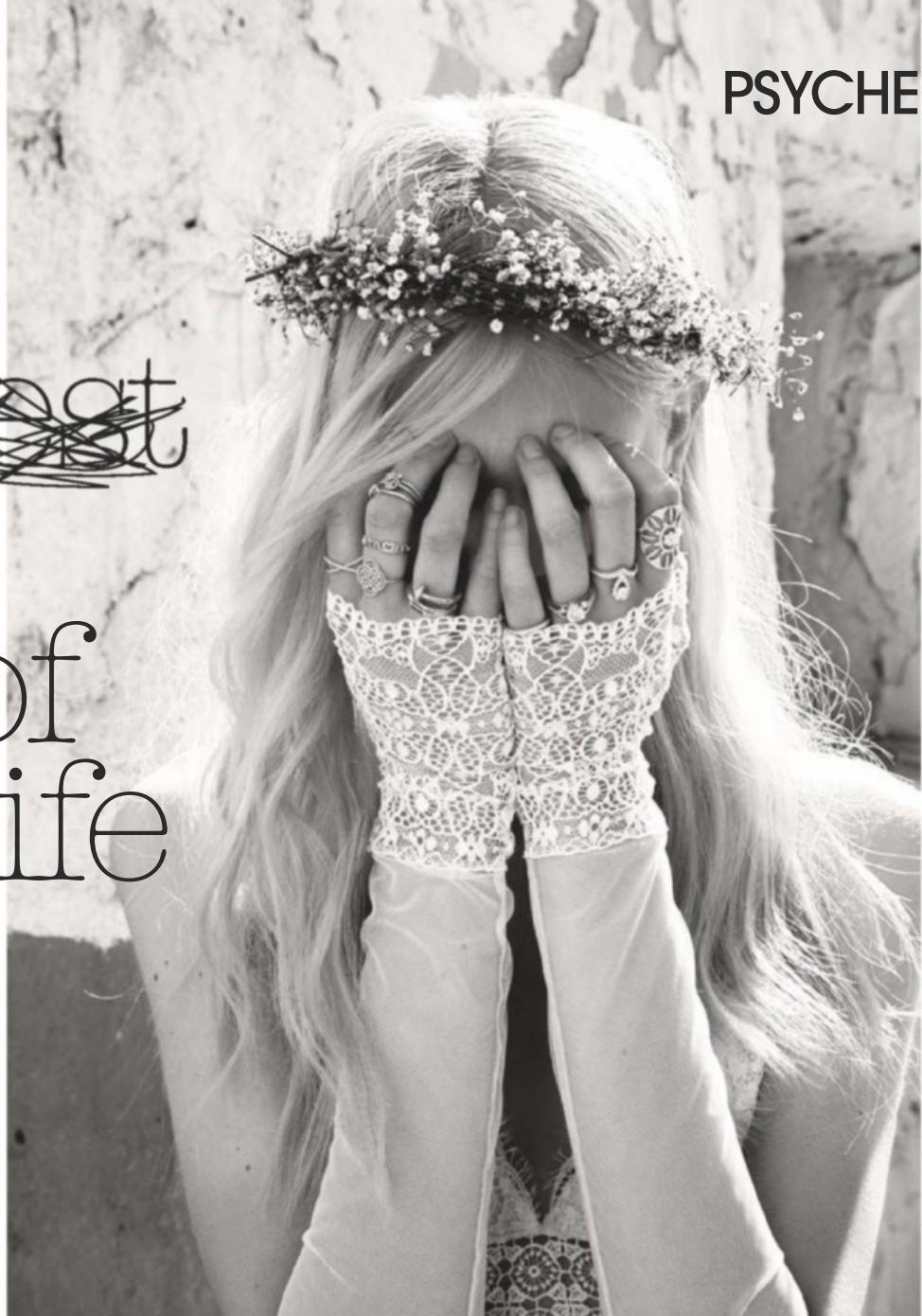
'I spent my wedding day wishing it was over'

**When Sarah Cowgill\*, 31, got engaged she couldn't wait to get married. But by the time the nuptials hit, she'd had enough.**

'Looking around the room at everyone's boozed-up, smiling faces during my dad's father-of-the-bride speech, I made eye contact with my friend Kate. "B-r-e-a-t-h-e," she mouthed. "I c-a-n-t," I mouthed back. My dress was too tight.'

'To the rest of the guests, everything was f-i-n-e. The sun was shining, the ceremony had gone down without any glitches, the band had arrived on time and now Dad was regaling people with stories of my youth. But inside, I was counting down the hours until I could take off my gown and exhale. Deeply.'

'From the moment we got engaged, people had been crazy-happy for us. "Perfect couple" cards flew in, loving Facebook messages filled our inboxes and we got invitations to dinner from people we hardly knew. I found my sudden popularity a bit strange, but dealt with it. All I wanted was for my dad to walk me down the aisle. He hadn't been well for over a year and even though he was better now, it was still early days;



I wanted that moment more than anything.

'But I hadn't realised that there would be so much to get through first. The morning after Tom\* and I announced our engagement, my mother-in-law sent us a gushy email with a list of 30 names. Tom didn't recognise anyone. "No, those are my pals," she replied. A week later, a big box of wedding stationery arrived at our house. She'd only gone and chosen our invitations – and they were awful. It marked the first of a series of fights.'

'Meanwhile, I was attempting to get my friends together for their dress fittings. They'd barely entered the fitting room before the whispered words "gross", "ghastly" and "I'm not wearing that" hit my ears. My maid of honour stepped out, wincing. "I'm sorry," she said, "but I speak for all of us when I say we don't feel at all special in this dress." Then my brother rang, asking if he could bring a girl he'd met on ►

Tinder – but, crucially, hadn't actually met in person yet. By this point, I was simply too exhausted to say no.

'When The Big Day arrived, I floated around in my rib-crushing dress like a tragic heroine on steroids, while Tom grew increasingly stressed out by the photographer. After the speeches, people started rowing. There was an activist arguing with a politician, a bridesmaid hurling abuse at an usher and a strange man nobody knew who vomited all over the floor of the ladies' toilets. By 10pm, my newly wedded husband was so agitated by the whole situation that he, in turn, got mind-bendingly drunk and fell into a small fire. (He was fine, by the way.)

'We lay in our hotel room the next morning in shock – a whole year of planning and it was finally over. Did we enjoy it? The uncomfortable faces in our photos say it all. There was just far too much pressure. In fact, we've already agreed that if we divorce, we'll run away to do it.'

## 'I hated being pregnant'

**For Candice Pires, 35, from London, the nine months leading up to the birth of her daughter weren't just disappointing – they were traumatic.**

'There's a picture of me with my boyfriend on Christmas Day, 2012. I'm wearing a new body-con dress, heels, full make-up and I'm standing sideways to show off a tiny bump. I look like a slim, happy woman in her early thirties, expecting her first child. I appear to have "The Glow".

'You'd never know that I was barely holding it together: one of my sisters bought the dress, the other put on my make-up and my boyfriend helped me to stand up straight. I was 12 weeks pregnant and hating every second.'

'While everyone around me knew I was suffering, no one knew how to handle it. I had prenatal depression as a result of hyperemesis gravidarum, an uncommon condition involving relentless nausea. Within weeks I'd lost a dangerous amount of weight and was in and out of hospital. I had to stop work and spent most of my time motionless in bed. Days were long and shapeless. I was too weak to read or watch TV. Sometimes just the sound of the doorbell or my boyfriend walking into the room was enough to make me vomit.'

'Negativity isn't my thing, but I became overwhelmed by terrifying feelings of loss – loss of independence, happiness, my health, quitting training for my first half marathon (OK, there was some relief with that last one). I was genuinely convinced part of me was gone forever; that I would always be depressed. When I should have been celebrating new life, I was mourning my old one.'

'Oddly, I knew I would love my baby. I didn't worry about that. It was me who was the problem. My boyfriend and family did as much as they could, but no one could pull me up. In retrospect, I now realise pregnancy is often isolating, and I wish I'd spoken to other women in a similar situation. I don't think we talk openly enough about the hard bits – there's a hot-cheeked shame associated with admitting you don't like carrying a baby. It's almost as if it negates your love for your future child.'

'When I finally went into labour – emaciated with a massive bump – I kept thinking, "This is still better than being pregnant". Three years later, I am madly, limitlessly in love with our little girl. And while I don't know if I could go through it again, I'm happy to say that pregnancy wasn't a joyful place for me, but motherhood totally is.'

## 'My glamorous job was a nightmare'

**Nasrin Leahy, 26, from Dublin, was a successful model before switching to a career in art curation.**

'Modelling was never a dream of mine, but because I was always tall and skinny, I felt like I should pursue it. There's definitely a societal outlook, particularly when you're young, that women will get some kind of validation from being part of that world. At the time I thought I wanted that too; I wanted to be accepted.'

'I was signed to an agency in Dublin when I was 14. It was crazy – I would be at home in my school uniform and I'd get told a brand wanted to book me for a shoot in somewhere like Malibu. The money was obscene: I could earn £15,000 in the space of a week. By the time I was 17, I was living alone in London and had worked with brands like Levi's, Topshop and Urban Outfitters.'

'Older models had prepared me for endless castings and living in overpriced apartments with lots of other girls. But still, the one thing I didn't expect was being asked to lose weight. I was 5ft 9in with a 24" waist, so I'd spent my teenage years being called a stick insect. But when I moved to New York aged 19, I was immediately told to lose 10lb. My agency sent me to see a personal trainer a few times a week and I would exercise until I nearly passed out. Meanwhile, hopping from city to city was isolating. I would go from one casting to the next and sit in a room for a maximum of 30 minutes before travelling to the next one. It was lonely, and never-ending.'

'You can easily make six figures in your first year of modelling, but then you can also make next to nothing because there are no guarantees. Girls would often be taken in by an agency, put up in rented accommodation and also charged for all these other services, like a chauffeur to take them to castings. Some paid well over £1,000 just for their flights to New York, but as well as not finding work, they ended up owing money to the agency, too.'

'It was only when I took a break to study that I realised I could have a career in something I actually loved. I'd taken an art-history module, and it was so interesting. For the first time in years, I felt stimulated and excited. I left the agency and started over. Working at an art gallery in Dublin might not be as glamorous or well paid as modelling, but I'm utilising what I would consider to be the best parts of myself. And that's what everybody should do.' ■



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# Fantasies decoded

Does getting off on the thought of sex with your friend's husband make you a bad person? What about S&M? *Rebecca Reid* talks to women about their fantasies, and asks experts to unravel them

**I'VE ALWAYS HATED THE PHRASE** 'guilty pleasure'. A penchant for ABBA, a love of French cheese or skipping a night out to sit on the couch and watch Netflix: as long as you're not hurting anyone, you shouldn't feel guilty about something that makes you feel good, right?

Only, here's the thing. Women are encouraged to feel guilty about *everything*. Whether it's eating cake or going back to work after having a baby, we're bombarded with the message that we're screwing up – and our sexual preferences are no exception. Little surprise then that, according to a study by *Psychology Today*, 25 per cent of us feel ashamed about what turns us on. That's in

comparison to eight per cent of men.

It's thought that approximately 95 per cent of us have sexual fantasies – that means your best friend, your colleague, your mum *and* your nan (sorry). To get more specific, 60 per cent of women have fantasised about being dominated, and a third of the heterosexuals among us have fantasised about other women. According to research by Ann Summers, women are more likely to have graphic, hardcore fantasies than men. In fact, while men often replay previous sexual encounters to get themselves off, women tend to use their imagination – often creating something more risqué in the process. The divide has been attributed to the fact that men

are (generally) more visual – and find nudity an adequate trigger alone.

But while we all have fantasies, we never seem to discuss them. One-night stands, STIs, penises – with girl talk, it's all on the table. However, when it comes to what turns you on, I'm willing to bet you've kept your innermost desires a secret. I write about sex full-time, but I've never revealed what turns me on (a threesome with two men, by the way). And maybe that's the real reason we feel so bad about the good stuff. After all, experts believe that shame stems from feeling like we're flawed in some way. If you open up about your fantasies and find common ground with those you care about, those perceived 'flaws' should lose all of their negativity.

'I like calling my boyfriend "Daddy" during sex,' says Emily, 29. 'It started out as playful, but it really turned us on. I've always had a thing about it in bed, but when I'm not turned on, it makes me feel weird and guilty, like I'm fantasising about being abused. I've never told anyone other than my boyfriend and I probably didn't introduce it in the best way – I just ►

randomly said it. It was a bit of an accident, and I was scared that he'd judge me, but I think introducing it during sex itself rather than out of context probably made him more open to it. Thankfully he just smiled and went along with it, and things developed from there. I reckon my friends would think it's weird though, so I don't talk about it.'

But sexual wellbeing expert Sarah Berry explains Emily's paternal predilections aren't cause for concern. 'This sort of fantasy can often be misinterpreted, but it's just two consenting adults enjoying a role play.' In short, using the word 'Daddy' with your boyfriend doesn't mean you actually want to sleep with your dad.

The success of a certain book (hint: it starts with '50' and ends with 'grey') proves many of us like a bit of kink. But as it turns out, even if the fantasy is famous, doesn't mean it's guilt-free.

'I've always known that I was submissive,' says Caitlin, 27. 'As a kid, I was even asking to be tied up with skipping ropes in the playground. And I've always felt bad about it. I'm a feminist, so why do I want to be made to crawl on the floor and call my boyfriend sir? It doesn't just make me feel like a bad feminist, it makes me feel like a bad person.'

The combination of craving control and being independent can be confusing, but what you think about when you're touching yourself has no bearing on who you are as a person, explains Berry. 'I've worked with people who are dominant in their life and submissive at play, and also those who are introverted but enjoy a more domineering role. It doesn't reflect your beliefs,' she says.

Another guilt-inducing fantasy is thinking about someone who isn't your partner. Whether it's Poldark or a friend's husband, dreaming about sex with someone who isn't your significant other is very common. In fact, recent research claims 45 per cent of us fantasise about someone else during sex or masturbation. 'When I masturbate, I never think about my boyfriend,' says Liza, 23. 'Usually it's not about anyone specific, but sometimes I think about the sex I've had with exes, which makes me feel terrible, as I love my boyfriend.'

Reassuringly, thinking of someone

else doesn't mean that you would ever cheat on your partner, it just means that your sexual fantasies aren't governed by the same rational part of your brain that decides who you want to date.

'Fantasising provides an escape route which helps climax,' explains sex specialist Dr Pam Spurr, adding that your imagination is there to distract you from rent payments and washing-up, letting you enjoy the moment. 'It's completely normal to fantasise about someone else during sex, because the human mind is incredibly creative.'

But is there a limit to what we

## 'WHAT I THINK ABOUT IN BED...'

### Five secret fantasies revealed

1

'I know this might seem gross, but I have this fantasy about having a gang bang in a lay-by with a whole load of bikers. It's kind of dirty and wrong, but that's why I like it.'

2

**'I've always fantasised about having really romantic sex, like with silk sheets and candles and flowers. I feel a bit pathetic and really vanilla for wanting it but just think it would be so luxurious.'**

3

'I'm straight, but I have this long-term fantasy about having sex with a woman. Not even in a threesome, just the two of us. I don't really know why – I don't actually fancy women. Maybe it's just about experimenting.'

4

**'Yes it's a cliché but I've always wanted to wear a school uniform and get spanked by my partner. Not that I've ever admitted it to him. I just love it when he's strict and firm!'**

5

'I always fantasise about getting all dressed up and then getting really messy, like ice cream in my hair, cupcakes pushed in my face... I like the sense of destruction about it.'

should be imagining in pursuit of orgasm? Recent research claims up to 40 per cent of women fantasise about being raped – even though statistics suggest every single one of us knows somebody who's had direct experience of sexual abuse.

'I have friends whose lives have been torn apart by sexual assault,' says Farah, 31. 'I've seen first-hand how devastating it is. But I can't help it – rape fantasies *do* get me off. When I'm not in the moment, the idea of it makes me feel sick. But when I'm having sex it just pops in to my head – and it really works for me.'

'Rape fantasies are often about being ravished by someone who is overcome with desire for you,' explains Berry. 'They may seem violent, but you're consenting to the fantasy or the role play, whereas in real life, rape signifies a lack of consent or control. So they're not the same thing, and shouldn't be confused.'

Of course any kind of dependency can be detrimental to your sex life, whether it's a fantasy, a sex toy or a favourite position. But experts are keen to iterate that what turns you on shouldn't be a worry, unless it's causing you personal grief. 'If you find yourself wishing to act out something that could be dangerous or illegal, then of course I would be concerned,' says Berry. 'But as long as your sexual fantasy isn't taking over your life – and doesn't involve another, non-consensual person – then there's nothing to feel bad about.'

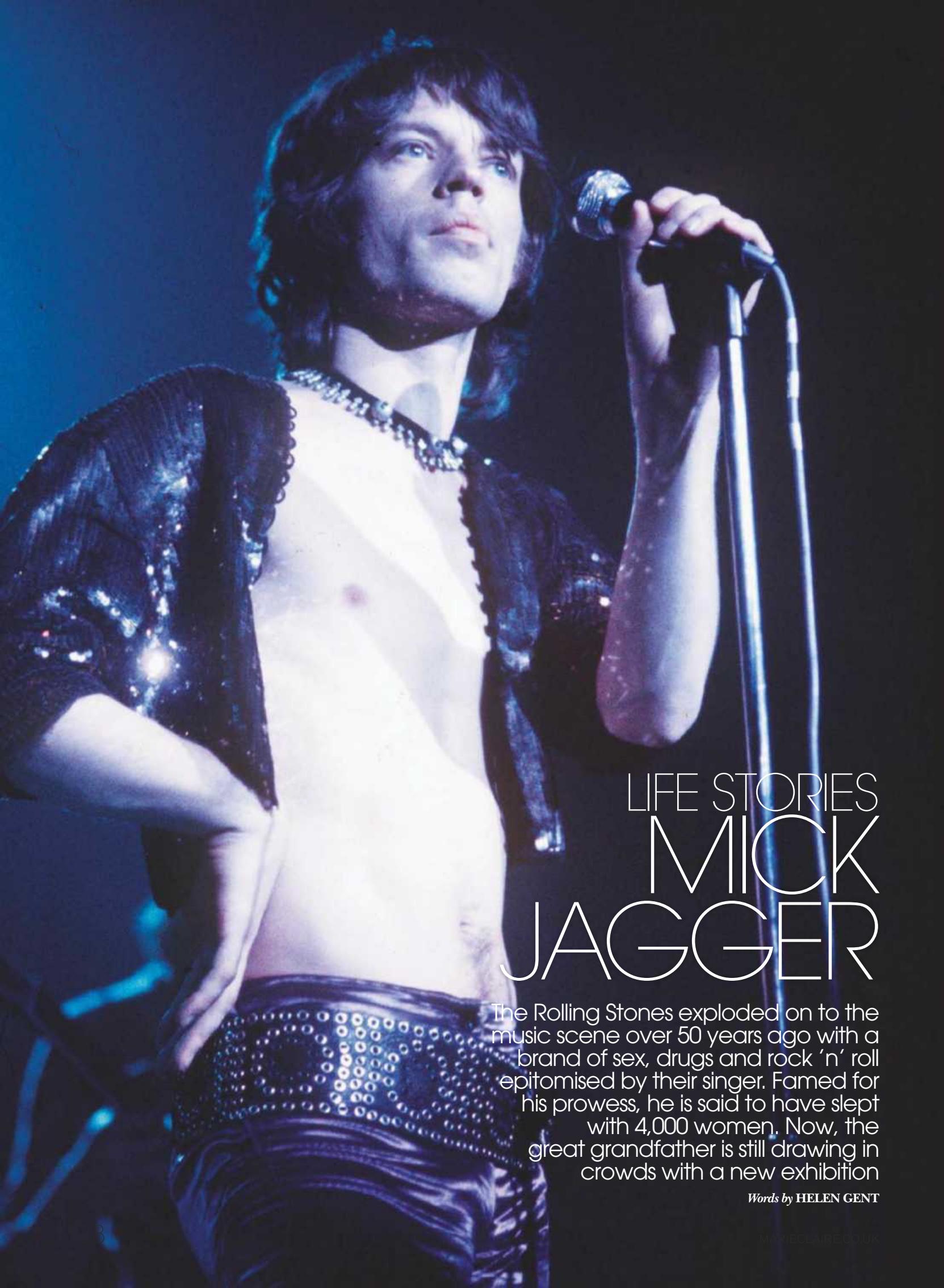
That's not to say that you're stuck with them for good. If you want to wean yourself off what's turning you on, reading erotica or watching a new kind of porn can be great ways to expand your horizons. Similarly, talking to a sex therapist can help you analyse the root of your preferences, and talking to your partner about your internal sexual monologue could open you up to new experiences.

In essence, sexual fantasies are no different from any other kind of make-believe: they're fun to think about, but not worth taking seriously. Just like your sexuality, your fantasies have little bearing on your personality,' says Berry. 'If anything, the fact that they're so alien from your real, external self might be what makes them so exciting in the first place.' ■



Go Ford! LET GO OF WHAT YOU KNOW





# LIFE STORIES MICK JAGGER

The Rolling Stones exploded on to the music scene over 50 years ago with a brand of sex, drugs and rock 'n' roll epitomised by their singer. Famed for his prowess, he is said to have slept with 4,000 women. Now, the great grandfather is still drawing in crowds with a new exhibition

*Words by HELEN GENT*



### BACK IN 1959, A 15-YEAR-OLD

Mick Jagger appeared on a BBC television series, *Seeing Sport*. His PE-teacher father was one of the show's consultants, and Jagger, sporting a fashion-forward stripy tee, was among a group of teens who demonstrated outdoor activities. Years later, Jagger boasted: 'I was a star already. I was thinking, "Never mind the bloody canoe! How does my hair look?"'

Fast forward six decades and Jagger is still working the camera. As the charismatic frontman of The Rolling Stones, he has strutted his way to fame, fortune and a reputation as one of the greatest performers alive. Ex-wife Bianca – who looked uncannily like her husband – has said Jagger was such a narcissist he only got with her so he could 'achieve the ultimate in sexual experience – making love to himself'. Now a 72-year-old great-grandfather – yes, really – Mick the Mouth is still cool. He's been cited as a role model by Lady Gaga, headlined at Glastonbury and sung with everyone from Taylor Swift to Barack Obama.

Born on 26 July 1943, Sir Michael Philip Jagger – he was knighted in 2003 – grew up in Dartford, Kent, with father Joe, beautician mother Eva and younger brother Chris. At school, he toed the line except when it came to dress code – he once walked into a special assembly called by the headmaster to lecture the boys on wearing the proper uniform in 'the tightest jeans I'd ever seen,' remembered one fellow pupil.

By the age of 18, music-loving

watched as Jagger worked female fans into a frenzy, and signed the band. The following year, they had their first number one with *It's All Over Now*.

Part of the Stones' appeal was their rebellious image, concocted by their manager to set them apart from their clean-cut rivals, The Beatles. The band were encouraged to behave badly – they were once fined for urinating on a garage forecourt and, on another occasion, they were chased out of a restaurant by the knife-wielding chef.

Fans loved the anti-Establishment vibe as well as Jagger's sexually ambivalent style. An early adopter of make-up and scarves, he was once asked by an unsettled male diner if he was a man or a woman. Jagger unzipped his jeans by way of an answer.

According to biographer Christopher Andersen, Jagger has had 4,000 lovers, including flings with Rudolf Nureyev and Andy Warhol. Jagger's second wife, Jerry Hall, once described him as a 'dangerous sexual predator' (after they divorced, Jagger allegedly slept with the therapist he was seeing for sex addiction).

'It was eating and drinking and taking drugs and having sex. It was just part of life,' recalled Jagger, who in 1967 was arrested after a drugs bust (he was convicted of possession of amphetamines, but a three-month prison sentence was quashed on appeal). In his autobiography, *Life*, Richards dispelled the urban myth that police had found Jagger with then-girlfriend Marianne Faithfull and a strategically placed Mars bar. ►

**CLOCKWISE FROM LEFT** Mick on stage; as a nine-year-old; in 1969 with then bandmates Charlie Watts, Mick Taylor, Keith Richards and Bill Wyman; at his wedding to Bianca in 1971

Jagger was playing small local gigs, emulating Little Richard and James Brown: 'I used to do mad things – go on my knees and roll on the ground... People were shocked. It was a bit wild for what was going on at the time in the suburbs.' He found a kindred spirit in Keith Richards – they went to the same primary school – and, when the pair met guitarist Brian Jones at a gig, The Rolling Stones was born.

Jagger dropped out of a course he was taking in accountancy at the London School of Economics and moved into a squalid flat in Chelsea with Jones and Richards, who recalled how Jagger went through 'his first camp period... wandering around in a blue linen housecoat'. Then, in May 1963, an executive from Decca Records

Jagger and Faithfull were together for four years, though she later claimed that after the first six months it was more of a platonic relationship (the two would lie in bed reading). One night Richards bedded Faithfull in retaliation for Jagger sleeping with his then-girlfriend, Anita Pallenberg. After Faithfull miscarried Jagger's baby, the couple drifted apart.

By the 70s, there was an unstoppable supply of sex and drugs. A 1972 tour documentary was withdrawn from broadcast due to its explicit content, showing Jagger snorting cocaine while groupies had sex with tour members.

At the end of the decade, Jagger had married – and divorced – Bianca Perez-Mora Macias, with whom he had a daughter, Jade, and fathered another child with singer Marsha Hunt (it took him nine years to accept paternity). But while his relationships with women were fractured, another long-term association was also about to implode.

'It was the start of the 80s when Mick became unbearable,' wrote Richards in his autobiography, recalling how The Rolling Stones almost broke up due to the growing animosity between them. 'He became Brenda or Her Majesty,' said Richards, who portrayed Jagger as cold, ambitious and controlling in his book. 'We'd be talking about "that bitch Brenda" with him in the room, and he wouldn't know.'

Part of the fallout was due to Jagger making and touring his solo records. He was also, said Richards, someone who was 'difficult to reach. Mick doesn't like to trust anybody.'

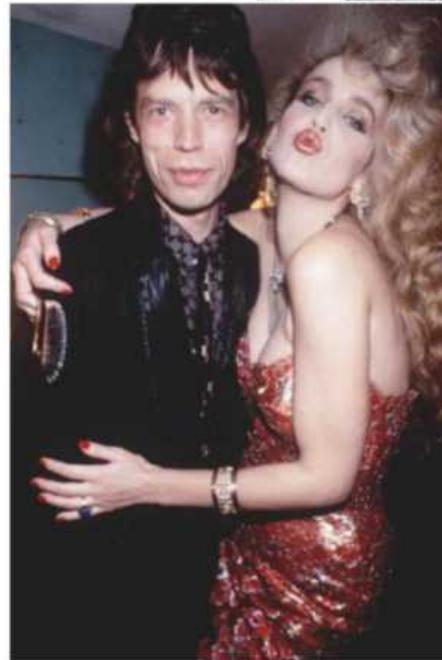
In his forties, Jagger cleaned up his act – 'I realised that if I was to carry on performing I was going to have to be incredibly disciplined' – and started training for his energetic performances. He combined running and kick-boxing with ballet and yoga, and swapped booze and drugs for smoothies and vitamin supplements.

The new Mick seemed almost as shocking as the old Mick. 'There's this little cupboard people put you in because they don't want to see you as a balanced whole,' said Jagger, who was known to fax his children to help with their homework when he was on tour.

'He's a very nice man,' said Faithfull. 'Mick rang me when I was ill [Faithfull was diagnosed with breast cancer in 2005, from which she recovered

## CLOCKWISE FROM RIGHT

Jagger and then-girlfriend Marianne Faithfull arrive at court after his arrest in 1967; with daughters Jade and Georgia and his late partner L'Wren Scott; in 1985 with second wife Jerry Hall



18 months later]. Behind the stage persona there's a fabulous, intelligent, cultivated, kind man.'

Even ex-wife Hall – who filed for divorce in 1999 after Jagger's affairs with Carla Bruni and lingerie model Luciana Morad, with whom he fathered a child (his seventh) – concedes that 'he's a great father and a great friend, just a lousy husband'. And that comes after he dropped the bombshell that their 1990 marriage, a Hindu ceremony in Bali, wasn't legal and therefore she wasn't entitled to a settlement (she eventually received around £10 million). Post-divorce, Jagger moved in next door to his former marital home in Richmond so he could be close to his children (he even had a wall knocked down to join the residences).

Many people have spoken of Jagger being 'complex' – Richards once described him as 'a nice bunch of guys'. 'He's very cautious,' says biographer Philip Norman, who interviewed

Jagger a couple of years ago. 'He's still carrying this persona of a wild, sex, drugs and rock 'n' roll icon, and he's not like that at all.'

He's also, despite his advanced years, managed to maintain his reputation as a style icon, evolving from the Ossie Clark jumpsuits of the 70s to being dressed by the likes of Hedi Slimane. In 2001, when he began dating designer L'Wren Scott, the couple were regulars on the front row. Tragically, in 2014, while Jagger was away touring in Australia, L'Wren committed suicide. In her will, she left her entire \$9 million estate to Jagger.

'It's amazing that [the Stones] are still considered to be cool,' says Norman. 'They created the template that all other bands have followed.'

Jagger has recently turned his hand to producing films, including the James Brown biopic, *Get On Up*, in 2014, and this year's HBO TV release about the 70s music scene, *Vinyl*. And he shows no sign of slowing down. 'I live in the now,' he says. 'I don't ever think, "This is amazing, I can't believe I'm still doing this." I am doing it. And I don't think, "It's all gone so fast," because for me it's still happening.' ■  
Exhibitionism is at London's Saatchi Gallery from 5 April to 4 September.

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# FIT FOR ACTION

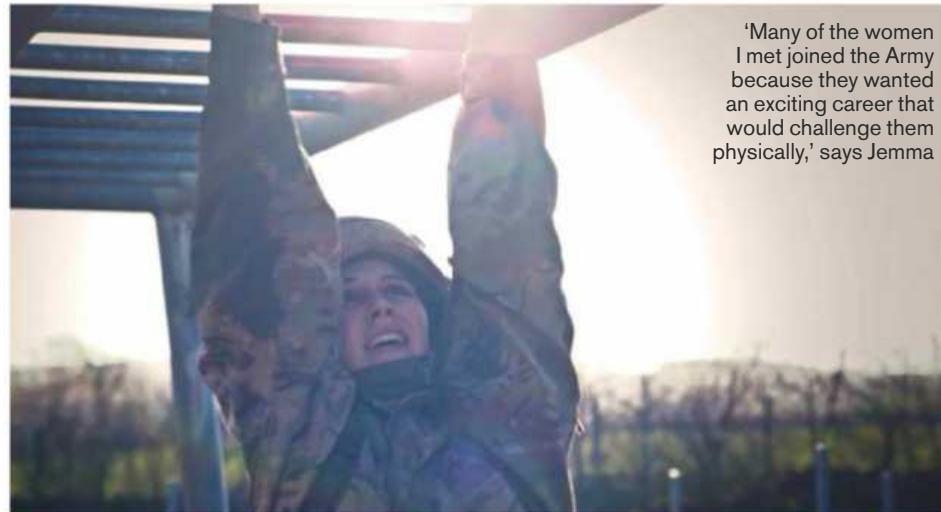
*Marie Claire* has been training alongside the Army. This month, media manager Jemma Rossiter finds out that keeping in shape is not only part of the job, but also a serious perk

### EXHILARATING, EYE-OPENING

and inspirational are the words our girl Jemma used to describe her day with the Army's 22 Field Hospital unit. Providing medical care to soldiers in the field and on base, the unit includes nurses, combat medical technicians and biomedical scientists, to name but a few. 'The mental and physical strength these guys have is incredible,' says Jemma. 'My mission was to find out about the physical side of being a soldier and I learned quickly being fit is part of the job.'

As soon as she was suited, booted and briefed, Jemma experienced what it would be like to evacuate casualties on the front line. 'Two medics and I were put into a team of soldiers to rescue an "injured" colleague,' says Jemma. 'All of a sudden there were explosions going off all around us and we had to drag the soldier to safety. She was wearing a lot of equipment so I struggled, but the adrenaline rush was incredible and it kept me going.'

That was the moment Jemma understood exactly why fitness training is so crucial for a soldier. 'Some of the women and men I met explained that if they hadn't toughened up their mind and body to



'Many of the women I met joined the Army because they wanted an exciting career that would challenge them physically,' says Jemma



Jemma took part in a rescue exercise. 'The adrenaline rush was incredible,' she says



Our girl Jemma gets her camos on

operate under stress, then they simply wouldn't be able to get the job done,' she says. Jemma also experienced job envy. 'I sit at my desk all day – the only exercise I usually get is walking to the tea point!' she says. 'In the Army you have free access to world-class sports facilities and one girl I met gets nutritional advice and sees a physical training instructor six times a week! She said she loves that she gets paid to stay fit and couldn't imagine doing a normal 9-5 job.'

Staying fit isn't the only perk, there's the excellent pension, 38 days' annual holiday and subsidised learning, with degrees in subjects such as law. 'I'm in awe of everyone I met,' says Jemma. 'They help protect people and save lives, but were all so humble.'



Action woman:  
Sergeant  
Victoria Bruce  
was in charge

### FOR MORE INFORMATION

To find out more about life in the Army and career opportunities, or how to become a Reservist, simply search [marieclaire.co.uk/army](http://marieclaire.co.uk/army)





Front line – the 22 Field Hospital unit provides medical assistance to soldiers and civilians so mental strength is a must

## LET'S GET PHYSICAL

**Sport is a major part of Army life – but we're not just talking ball games. Yes, there's volleyball and football, but there's also extreme sports like climbing, caving, white-water rafting, and even skiing and snowboarding. Ready to hit the slopes?**

If you fancy yourself as a bit of an athlete, you'll be impressed with the extracurricular activities the Army provides. Members of the sailing, cycling, angling, athletics teams (the list goes on) get to travel across the globe to compete in events in places as varied as America and Antarctica, and Spain and Sri Lanka. Then there's the extreme sports soldiers get the opportunity to take part in. These sports not only develop fitness, but endurance, too. And their risky nature means leadership and risk assessment skills are developed to help every soldier succeed.



Extreme sports like coasteering (above) are part of a soldier's training



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# REPORTER



GIRL OF  
THE MOMENT

## Anya Taylor-Joy

She turned down a major Disney role to work her magic in acclaimed indie horror flick *The Witch*. Meet the rising star who has taken Sundance and social media by storm

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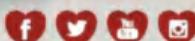
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## INTERVIEW

# Scream queen

ANYA TAYLOR-JOY continued...

**So what drew you to *The Witch*.**

**Are you a horror fan?**

I'd literally only ever watched two or three horror flicks before, but when I got the script I was riveted.

**The film was a huge hit at Sundance.**

**How did that feel?**

The process of making the movie was so blanketed in love and laughter. Watching people's reactions to this film was one of the most insane moments of my life. It's really



Tiers of Joy: Sundance hit Anya learnt her trade on-set, and speaks, erm, fluent 'Spanglish'...

interesting seeing how American and English audiences took it differently. Americans are more vocal, but in England, we could tell they liked it because it was so silent in the cinema.

**Do you ever regret turning down a role in a big Disney film?**

Oh god, no. I just thought, if I don't take *The Witch* I'll always have that 'what if' feeling.

**You are half English and half Argentinian. Are you bilingual?**

We speak Spanglish [at home] – it's very confusing for people. If I had to pick a language I'm most comfortable with it's Spanglish, because the words come easier to you in both languages.

**How did your parents react when you said that you wanted to act?**

My dad was a champion powerboat racer and my mum is very artistic, so

they're both quite creative. I think they knew before I did. Growing up there was an old bomb shelter in the back garden that we turned into a screening room to watch movies.

**How did you meet Allen Leech of *Downton Abbey* fame? We know he introduced you to your agent.**

Allen is like my fairy godfather. I was studying for my AS levels when I was scouted by a modelling agent and sent on a magazine shoot and Allen was there. When I was waiting around on set and swotting for my exams, he sat beside me and asked me to read some of the Seamus Heaney poetry I had with me out loud. He then asked me what I wanted to be and I said, 'I'm sure you get this all the time, but I want to act.' He took my number and told me to expect a call. It was a miracle.

**You've also been working on the sci-fi thriller *Morgan*, directed by Luke Scott. What was it like being in a cast with Kate Mara, Boyd Holbrook and Rose Leslie?**

It was marvellous. I've never taken an acting lesson apart from drama at school, so I didn't really know any on-set terminology – I've learned by watching these experienced actors. I didn't know that if you flunk a line you can just say it again instead of redoing the entire scene.

**You're quite active on social media – have you started to think twice about what you post now?**

People who care about me say that I should be careful, but the truth is I treat it like a diary. This might sound silly, but I take a picture every day and it just reminds me where I am or what's going on. The fame game frightens me for sure, but I just want to stay myself in spite of it. Maybe it's because I'm a bit stubborn.

**This is a big year for you. What are you enjoying the most?**

Last year was so intense and a bit of a baptism of fire. I was definitely a bit of a little lamb not knowing what was going on. This year, I'm happy to be slightly less of a newbie.

The *Witch* is in cinemas from 11 March.

## FILM

## MUST-SEE MOVIES



## TRUTH ★★

Cate Blanchett and Robert Redford play CBS news hounds Mary Mapes and Dan Rather in this real-life journo drama. While it's not as good as the recent *Spotlight*, this is still a classy affair.



## HIGH-RISE ★★★

Tom Hiddleston and Sienna Miller lead this sublime adaptation of JG Ballard's 70s novel of sex, drugs and disorder in a state-of-the-art tower block. A subversive treat.



## THE ONES BELOW ★★

Two neighbouring couples who are both expecting their first child form the backbone of this creepy British thriller. Clémence Poésy and Laura Birn are the hands that rock the cradle.



## TIME OUT OF MIND ★★

Richard Gere is a homeless New Yorker who is struggling to make amends with his daughter (Jena Malone) in this rather sombre and sad drama. Bring lots of hankies.



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## MY WORLD

# Beth Ditto

The straight-talking indie rock star talks vintage shopping and binge-watching *Broadchurch*

**I don't live in New York or LA – I live in Portland, Oregon.** I love coming to London to write music, because the climate is similar to Portland, but the energy is different. While writing my latest record, I've been listening to a lot of ABBA and Paul Simon.

**When I'm in London, I love going to the Natural History Museum.**

On my last visit, I was eating a muffin and got so overwhelmed thinking about how old everything was that I had to stop eating.

### I also love to go shopping at Beyond Retro.

Finding the right fit with vintage [clothes] can be difficult, so I end up coming out with shoes. I also stop by Vivienne Westwood's boutique on Conduit Street – her shapes are always so flattering.

**Designing my own plus-size collection has always been a dream of mine, and I felt like now was the right time to do it.**

I wanted to make something for bigger people by big people. I don't like the word, 'curvy', but don't mind the term, 'plus size'. Although, to be honest, I just prefer the word, 'fat'!

**One of my favourite pieces from my new collection is the bubble jumpsuit – it's very David Bowie.**

I'm excited to wear it out dancing.

**Miss Piggy was such a style icon.**

She was a role model for me as a little girl, but I think I was just looking for someone who looked like me!

**Healthy hair and good hair are two different things.** You can have the most iconic style, but your hair can get destroyed in the process. My hairdresser introduced me to Olaplex, which I use when I'm bleaching my hair. It's changed my life.

**MAC Liquidlast Liner [£16] is the only eyeliner I use.** It doesn't flake or crease, and you can even swim in it. I once heard it was being discontinued, so I bought as many boxes as I could. They never did discontinue it, so now I have a big stockpile.

**I watch so much TV. The second series of Broadchurch was amazing.**

A lot of my favourite films are from the 90s. *Sleepless In Seattle* or thrillers like *The Pelican Brief* are just so good.

**The best festival I have ever played was T In The Park in Scotland.** It's very different performing at a festival to attending one, but I've done my fair share of dancing in the mud in wellies!

*Beth Ditto's plus-size clothing line is now available at bethditto.com.*

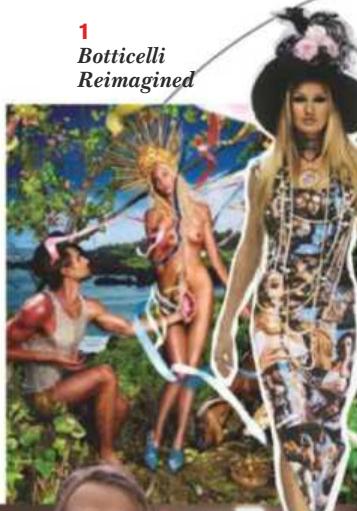
*Follow our new campaign #curve.*

## RADAR

# It's happening

From nostalgic comebacks to inspiring art – here's what we're into this month...

1  
*Botticelli Reimagined*



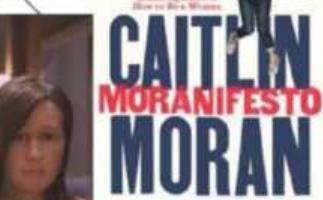
2  
Craig David



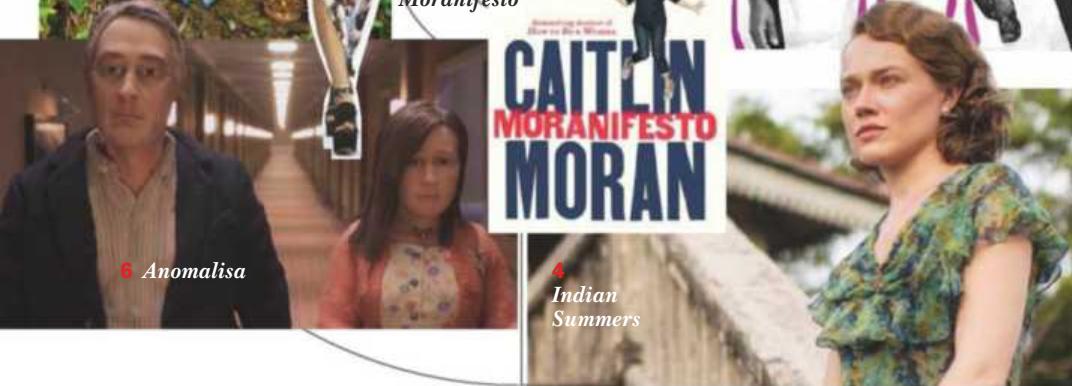
3 *The Maids*



5 Caitlin Moran's *Moranifesto*



6 *Anomalisa*



## 1 The arty exhibition

Prints inspired by the Renaissance artist Sandro Botticelli have been appearing on the runway, thanks to Valentino. Meanwhile, *Botticelli Reimagined* (at the V&A from 5 March) will be showing 50 of his original works alongside reinterpretations by artists from Andy Warhol to David LaChapelle.

## 2 The comeback kid

Craig David is back in a big way and we're very excited. Already winning hearts with his garage-inspired cover of Justin Bieber's *Love Yourself* and a new single of his own, he's playing a sold-out show at KOKO in Camden on 3 March.

## 3 The fresh new play

*Orange Is The New Black* fave Uzo Aduba (Crazy Eyes) is heading up the cast of *The Maids* at London's Trafalgar Studios (until 21 May). The amazing Zawe Ashton and Laura Carmichael also star in this story of two workers fantasising about killing their employer.

## 4 The must-see TV show

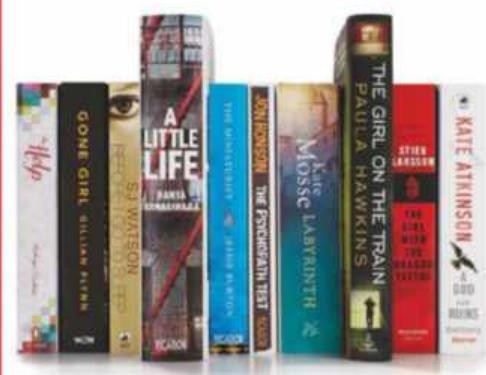
*Indian Summers* (Channel 4) is returning to our screens. Set three years after the first series, the new season promises lots of drama. Cue political trickery, terrorism, treachery, adultery – even murder.

## 5 The call to arms

Having conquered feminism, Caitlin Moran is ready to solve the problems of the world. Her new book is her very own political manifesto entitled *Moranifesto* – see what she did there? – and gives us her take on everything from Benedict Cumberbatch to global inequality. We're in.

## 6 The heartwarming movie

Critics have been falling over themselves to praise the one-of-a-kind stop-motion rom-com *Anomalisa* (released 28 February), where David Thewlis and Jennifer Jason Leigh star as two strangers on mundane business trips staying in the same hotel. We can't tell you enough how amazing this film is.

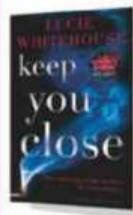


## BOOKS

# MUST-READS

## KEEP YOU CLOSE

by Lucie Whitehouse (£12.99, Bloomsbury Circus)  
Rowan sets out to prove her best friend Marianne's death wasn't the tragic accident everyone believes in this tense psychological thriller.



## JANE STEELE

by Lyndsay Faye (£14.99, Headline)  
In honour of Charlotte Brontë's 200th birthday, the story of Jane Eyre has been reworked featuring protagonist Jane Steele – a well-meaning serial killer.



## THE TREES

by Ali Shaw (£16.99, Bloomsbury Circus)  
When a forest appears overnight, covering every inch of the country, Adrien must try to find his wife who is across the sea in Ireland. A compelling adventure.



## THE FINDING OF MARTHA LOST

by Caroline Wallace (£12.99, Doubleday)  
The story of an abandoned little girl, who grows up in the lost property department of Liverpool Lime Street station. Will she find her family before time runs out?



# Prescription skincare without the prescription



## Cetraben

A unique formula that's helped millions manage their dry and eczema-prone skin, proving so popular that 96% of people would recommend it to a friend<sup>1</sup>. And now it's available without prescription from major retailers as well as pharmacies. So you can easily get the same high quality care for your skin, without a visit to the doctors.

[www.cetraben.co.uk](http://www.cetraben.co.uk)

**As close to your skin as you are.**



<sup>1</sup>Cetraben Cream patient preference study, Sept 2013

Always read the label

PROMOTION

# MODERN CLASSIC

Inspired by the purity of a springtime bouquet – Molton Brown's captivating new scent is the perfect accessory for this season and beyond

## SINCE 1973, PIONEERING BRITISH BRAND

Molton Brown has been travelling the world to source the rarest and most precious ingredients to create intoxicating scents that leave a lasting impression. Its newest launch – Dewy Lily of the Valley & Star Anise – is true to the brand's ethos of blending exotic ingredients with a touch of British eccentricity. The result? An elegant fragrance that will linger in everyone's minds long after you've left the room.

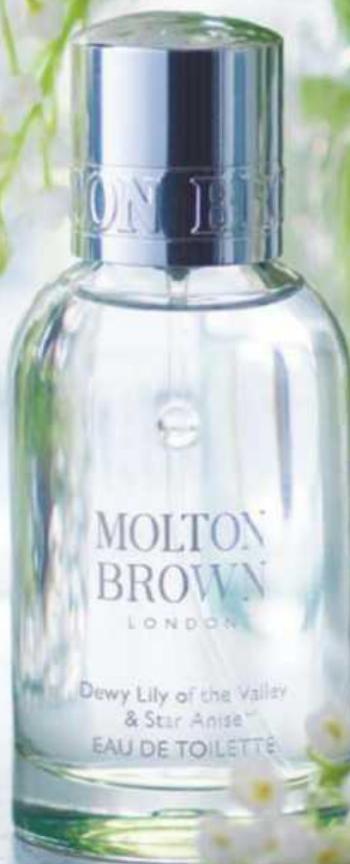
It has fresh top notes of magnolia and green mandarin, plus star anise for a unique twist, and a soft base of silky ylang-ylang, sandalwood and white musk. At the heart of this memorable fragrance is lily of the valley, peony and white tea, which adds crispness. The eau de toilette is part of a collection that includes a bath and shower gel, body lotion and more. Pure indulgence.



## THE COLLECTION & MOTHER'S DAY GIFT

The entire Dewy Lily of the Valley & Star Anise Collection, including the eau de toilette, £39, is available in store and online at [moltonbrown.co.uk](http://moltonbrown.co.uk). Make an impression on Mother's Day with the Timeless Florals Bathing Gift Trio (above), £45, which has bespoke illustrations from fashion's favourite florists – The Flower Appreciation Society. Find your nearest store at [moltonbrown.co.uk/storefinder](http://moltonbrown.co.uk/storefinder)





A woman with shoulder-length wavy hair, wearing a light blue button-down blouse and white trousers, walks away from the camera on a sandy beach. The background is a soft-focus view of the ocean and sky.

MAKE AN  
UNDERSTATEMENT

HOBBS  
LONDON

# FASHION

# APRIL

PHOTOGRAPH BY DAVID ROEMER. STYLED BY JAYNE PICKERING. TRANSPARENT DRESS, ABOUT \$419. SILK DRESS (WORN UNDERNEATH), ABOUT \$314, AND COTTON SHOES, \$410 (ALL DRIES VAN NOTEN). METAL AND RIBBON NECKLACE, \$800, DIOR

Sheer layers that whisper luxury, new ways to wear denim and spring's kick-ass colours – let SS16's masterclass commence. Plus, get up close and personal with the awesome Amy Adams

# Final Frontier

Hold the skinny jeans – denim's frayed edges, oversized shapes and longline outwear are gaining new territory

*Photographs by ALEXANDER NEUMANN Styled by APRIL HUGHES*









Previous spread:  
cotton jacket, £1,962,  
and cotton skirt, £2,159,  
both Chanel; leather  
trainers, £70, Nike

This page: silk  
dress, £2,100,  
Louis Vuitton

Opposite page: cotton  
jacket, £510, and cotton  
trousers, £320, both  
Max Mara; leather  
trainers, £70, Nike





This page: viscose jacket, £826, viscose top, £624, and denim jeans, £285, all Off-White C/O Virgil Abloh; leather trainers, £70, Nike

Opposite page:  
denim dress, £495,  
Anne Sofie Madsen





This page: cotton jacket, £1,195, and cotton jeans, £750, both Roberto Cavalli

Opposite page: cotton top, £225, Marques'Almeida; denim jeans, £805, Ashish; leather trainers, £70, Nike





This page: cotton jacket, £1,057, and cotton top, £933, both Faith Connexion

Opposite page:  
denim coat, £950,  
Thakoon; leather  
trainers, £70, Nike



This page: cotton and rayon dress, £420, Marques'Almeida; leather trainers, £70, Nike

Opposite page: silk tulle and denim top, about £530, Koche; denim jeans, £430, Off-White C/O Virgil Abloh

Hair by Louis Ghewy at The Book Agency using Catwalk by TIGI. Make-up by Christopher Kam at Airport Agency using Eve Lom. Model: Mari at Models 1. Local production by Mille Et Une Productions. The team stayed at La Mamounia, a member of The Leading Hotels of the World portfolio. For reservations, visit Lhw.com. Prices start at £230 per night, based on two people sharing



# ALL BECOMES CLEAR

SEE SPRING THROUGH A PRISM OF  
DIAPHANOUS LAYERS. FLIRT WITH  
ORGANZA, CHIFFON AND LACE FOR A  
DELICIOUSLY SHEER SILHOUETTE

*Photographs by DAVID ROEMER  
Styled by JAYNE PICKERING*

Silk tulle organdy dress,  
£2,960, silk tulle body,  
£495, and resin and crystal  
brooch, £375, all Gucci





White and silver  
embellished silk  
tulle dress, £2,200,  
and transparent jelly  
rope belts (worn across  
body), £595 each,  
all Simone Rocha



Silk organza dress,  
**£6,200**, silk organza  
top and shorts  
(worn underneath),  
**£1,300** for a set,  
patent leather shoes,  
**£700**, and metal and  
glass stone necklace,  
**£700**, all Dior

Silk dress, £2,475,  
and linen trousers,  
£1,280, both Alberta  
Ferretti; leather  
shoes, £365, Stuart  
Weitzman





White silk tulle top, £3,990, and white silk tulle skirt, £3,420, both The Row; white leather and silk lace shoes, £608, Givenchy by Riccardo Tisci; glass rings, about £128 (left hand), and about £109 (right hand), both I Don't Have A Sister



Blue and tan taffeta and silk organza dress, £930, Emporio Armani; metal and resin earring (just seen), £310, Dior; gold-plated brass hand chain (on model's right hand), £280, and gold-plated brass hand chain (on left hand), £330, both Leivankash

Cotton jacket, £1,286,  
silk tulle top, £1,078,  
polyester trousers, £510,  
leather sandals, £1,207,  
and brass brooch,  
£216, all Vionnet





Silk chiffon  
dress, £4,695,  
Alexander McQueen



Cream Chantilly lace blouse, £1,210, and Chantilly lace skirt, £2,710, both Michael Kors Collection; white and black leather shoes, £455, Max Mara



Silk blouse, £616, and  
silk skirt, £868, both  
Marques'Almeida



Cotton-mix dress,  
from a selection,  
Dolce & Gabbana

Hair by Keith  
Carpenter at The  
Wall Group using  
Kérastase. Make-up  
by Moani Lee using  
Kevyn Aucoin. Nails  
by Liang for Atelier  
Management using  
Chanel S/S 2016 and  
Body Excellence  
Hand Cream. Model:  
Kate Hutchinson  
Driscoll at IMG



# Follow the rainbow

From Gucci's glittering stripes to Christopher Kane's jagged neon jigsaw, SS16 is all about the bold and the beautiful

*Photographs by JANE MCLEISH-KELSEY Styled by TIFFANY FRASER STEELE*



Lurex cape, £1,140,  
lurex dress, £1,900,  
and Swarovski,  
Plexiglas, metal and  
pearl bag, £1,510,  
all Gucci; acetate  
and metal  
sunglasses, £180,  
Karen Walker



This page: cotton top, £428, and cotton shorts, £451, both Missoni; acetate and metal sunglasses, £345, Cutler & Gross; suede and rope sandals (to model's right), £450, Jimmy Choo

Opposite page: cotton dress, £1,255, Salvatore Ferragamo; leather and suede sandals, £450, Jimmy Choo; cotton hat, stylist's own; malachite and brass necklace, £295, Marion Vidal







This page: cotton and suede suit, £1,700, and silk chiffon top, £425, both Coach

Opposite page: cotton lace dress, £4,495, Christopher Kane; suede shoes, £495, Jimmy Choo; cotton hat, stylist's own; cotton bracelet, £165, Uncommon Matters

This page: viscose dress, £1,520, and viscose skirt (worn over dress), £795, both Sonia Rykiel

Opposite page:  
silk chiffon dress,  
£2,630, Chloé;  
leather shoes,  
£640, Aquazzura;  
cotton, silk  
and metal bag,  
£365, Kotur

Hair by Earl Simms at Caren using Windle & Moodie. Make-up by Jessica Mejia at Stella Creative Artists using Chanel Les Beiges Healthy Glow Foundation and Chanel Body Excellence. Model: Estee Rammant at Storm Models. Local production by Jacques Mezger. The team stayed at the Sheraton Gran Canaria Salobre Golf Resort. For reservations, visit [sheratongran canaria.com](http://sheratongran canaria.com). Rooms start at about £165 per night. With special thanks to Jardín Botánico Canario and the Gran Canaria Film Commission







# The Amy show

From Hooters to the Oscars - **AMY ADAMS'** journey to the top deserves its own screenplay. She may profess to be 'boring' but serious talent, goofball charm and a badass wit have cemented her status as one of Hollywood's most-loved leading ladies

*Photographs by MATTHIAS VRIENS-MCGRATH  
Words by MICKEY RAPKIN Styled by APRIL HUGHES*



t's raining in Los Angeles and Amy Adams is curled up on a sofa talking about breasts. More specifically, a perky pair belonging to one of her co-stars. Adams is something of an expert on the topic: her own décolletage having been on perilous display in *American Hustle* (for which she won her first Golden Globe in 2014). But the breasts she's describing now are straight-up distracting. The 41-year-old laughs as she tries to explain the mood on set whenever they came out. 'In between shots it was like, "Put on a robe please, and make everyone feel less bad about themselves!"'

Disclaimer: the chest we've spent the last five minutes discussing doesn't belong to a pneumatic, young ingenue but rather to Henry Cavill, the 32-year-old British man-brioche who stars as a yoked, hirsute Superman opposite Adams' crackling Lois Lane in this month's *Batman v Superman: Dawn Of Justice* – a follow-up to 2013's *Man Of Steel*. 'I objectified poor Henry,' she smiles. 'I had to apologise to him at one point. I'm like, "I promise I'm not that pervy." He's just so good to look at. My husband likes to look at him, our [five-year-old] daughter likes to look at him... we're just a creepy family.'

Adams and I are sat in a cosy lounge at the Chateau Marmont, the iconic Hollywood hotel where Jim Morrison lived, John Belushi died and Lindsay Lohan was (temporarily) banned. It's an unlikely place to meet an understated actress like Adams – a woman with five Oscar nominations and zero scandals to her name. The closest she's come to going viral was during the filming of *Batman v Superman*, when she quietly relinquished her first-class airline seat to an American soldier; a small act of kindness that was tweeted and re-tweeted. That classy move feels like peak Adams: she's the quiet, unassuming but seriously gorgeous girl next door; someone you'd meet at a party and immediately want to tell all your secrets to.

We fell hard for her in *Enchanted* (2007), *Catch Me If You Can* (2002) and the Sundance hit *Junebug* (2005), three films in which she played wide-eyed, naive dreamers – roles she was born to play. With her saucer blue eyes and button nose, it seemed like she'd been drawn by a Disney cartoonist and put on this earth to remind us to believe in hope, and call our parents more often, which made her second act so surprising. She has boldly evolved into one of our most gifted

storytellers – an actress capable of illuminating what it means to be loved, to be understood, to be human.

In *Doubt* (2008) she played a timid nun opposite Meryl Streep, and while hidden behind a habit, the character's turmoil played out entirely in her eyes. Could that really be the same woman seducing Bradley Cooper on the dance floor in *American Hustle*? Or pulling Philip Seymour Hoffman's strings as a Machiavellian zealot in *The Master* (2012)? So if you're wondering why a star who's captivated auteurs like Spike Jonze, David O. Russell and Paul Thomas Anderson would want to strap on Lois Lane's high heels and run from aliens – even if it meant staring at Cavill's hulking chest all day – I'm with you. But we'll get to that.

Dressed in slim trousers and a cable-knit turtleneck from Autumn Cashmere (the working mother's chic camouflage), Adams will profess to being 'boring' more than once today. I can assure you, she's anything but. Firstly, she has a backstory straight out of a teen novel. The fourth of seven children, she was an army brat who was born in Italy and raised in The Church of Jesus Christ of Latter-day Saints. When Adams was eight, her parents settled in Boulder, Colorado, where her mother competed in bodybuilding competitions. 'We would sit in the back of the gym and order Little Caesar's pizza,' she recalls. 'Mom got married at 19 – she had seven kids before she was my age.'

It was a morally firm upbringing that appears to have formed the bedrock of her world view. When I ask what she did last night, she tells me she watched *The Bachelor* for the first time, with a metaphorical hand over her eyes for the entire two-hour premiere. 'I don't understand how you can find love with anybody when you're making out with everybody?' she ponders. If I squint I can still see a teenage Amy, the freckle-faced girl whose first job was working as a perky greeter at Gap.

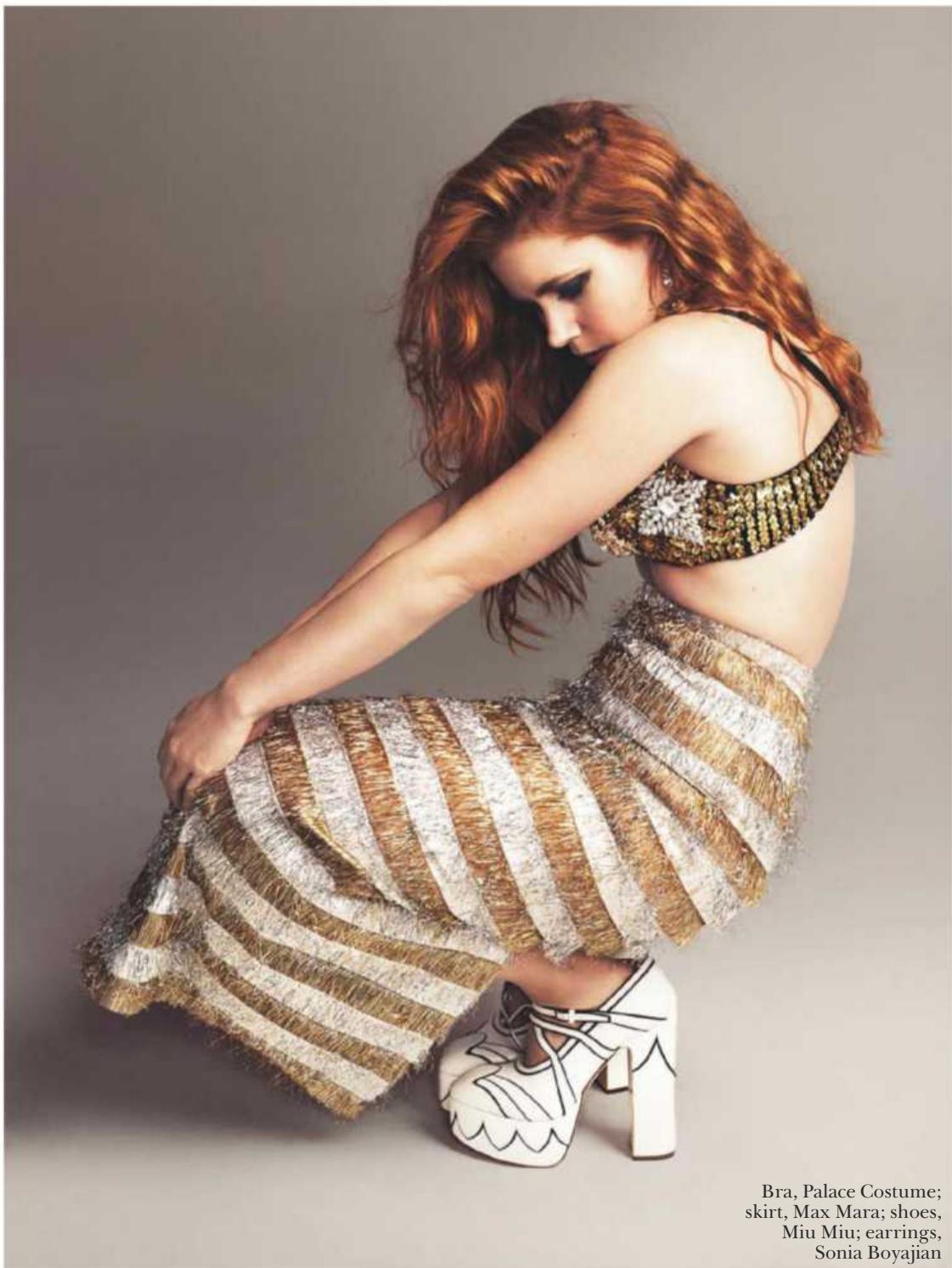
A short stint at Hooters – the beer-and-breasts chain – followed, before a steady gig in 'dinner theatre' (a cheesy US tradition where patrons inhale a meal before their servers put on a production of, say, *Guys & Dolls*.) 'Once we had to clean a baked potato off the stage during the opening number,' she shudders. By her late twenties she had mustered up the courage to move to LA, where she dyed her hair red and was fired from two TV pilots: first because she was too young, then because a more famous actress became available – a true Hollywood learning experience. 'I'd gone to the [initial] table read. The producers were like, "See you tomorrow!" Then they called to say I'd been let go. It was devastating. This was the first time I realised that people would lie to my face.' ▶

'The producers were like, "See you tomorrow!" Then they called to say I'd been let go. It was devastating. It was the first time I realised people would lie to your face'



Previous page: dress, Lanyin; shoes, Miu Miu; earrings, Sonia Boyajian

This page: Blazer, shirt and trousers, all Gucci



Bra, Palace Costume;  
skirt, Max Mara; shoes,  
Miu Miu; earrings,  
Sonia Boyajian

Multicoloured dress,  
Marc Jacobs; gold boots,  
Gianvito Rossi; pins and  
earrings, Sonia Boyajian



# 'We wanted to find a chaplain, go to the desert and get married at sunset. But to be quite honest, we got too drunk'

She may have quit the business entirely had 2005's *Junebug* not come along. Two years later, the musical *Enchanted* cemented her status as one of Hollywood's most promising talents, and Adams (then 30) found herself singing live at the Oscars, a show beamed to about a billion homes worldwide. 'I've had anxiety attacks on stage my whole career,' she recalls. 'At the Oscars I was like, "Who talked me into this?"' What does she know now that she wishes she knew then? 'That that was the fastest my metabolism was ever going to be,' she laughs. 'So enjoy it!'

Such is the demand for Adams in Hollywood now, she got married last year (after a prolonged, seven-year engagement to artist Darren Le Gallo) because she 'finally had a window in my schedule.' They almost tied the knot a few months earlier in Las Vegas on a trip to a Justin Timberlake concert. 'We wanted to find a chaplain, go to the desert and get married at sunset,' she explains. 'But to be quite honest, we got too drunk. Then it was just not going to happen.' Instead they married in a small, private ceremony on a ranch outside LA. Like most brides, Adams made a Pinterest page for her design ideas but all she really cared about was having the ceremony under a tree – inspired by a scene from, yes, *Forrest Gump*. 'The idea came from Jenny and Forrest,' she confirms. 'That was just always my thing.'

If admitting your wedding was inspired by a corny 90s movie isn't the coolest thing for an A-lister to do, then neither is telling me that the last time she worked out with a personal trainer, the session ended early when she threw up. 'I came out of the bathroom,' she recalls, 'and I said, "Do I get a T-shirt for that?"' But perhaps that's what makes her so badass. Henry Cavill echoes my own thoughts: 'Amy surprises me every day. You'll see her go from someone very serious and doing the actor-y thing to all of a sudden being a complete goofball. And she does it with such charm.'

Married life for Adams sounds utterly, brilliantly, normal. After telling me about what first attracted her to Le Gallo – 'He has these beautiful hands. I just wanted him to hold me' – she admits they bicker like mad. If Adams is running late (which is rare), he'll set the home alarm, hoping the 30-second beep, beep, beep warning will get her out the door, which sounds like a scene from *Modern Family*. When I ask if marriage has changed anything, she just laughs. 'I definitely feel like I can't make empty threats. Before, I could be like, "I'm just going to go down and get a hotel room, and I'm going to think this through!"' She checks herself: 'I'm making myself sound horrible to this poor, awesome guy. Relationships are hard. I think what I learned

is, you just have to make a choice. Marriage is a choice.'

Maybe it's turning 40, maybe it's having a child in these turbulent times, but she's in a contemplative mood these days. On 15 December, all LA schools were closed due to a terror threat. 'That was tricky,' Adams admits, 'because I wasn't with [my daughter, Aviana]. My husband had driven her that morning. They got to school. She was like, "What's going on?"' Adams forces a smile at the sad absurdity of the situation. 'Aviana calls them bandits,' she says, imitating her daughter's sweet voice. 'You mean, bandits wanted to do harm?' But she's not laughing: 'I have a weight in my chest about it.'

At the moment Adams is reading *The Happiness Project* – Gretchen Rubin's self-help empowerment bible. I wonder if she's contemplating a second child. 'I think I'm good right now. I'm "of an age," as they say.' Though she acknowledges it's not too late. 'I just feel like I need to decide. You know what I mean?' She's nothing if not practical, explaining that she'd need to build time for a second pregnancy into her already packed schedule, which includes upcoming films with Tom Ford (who told her to stop straightening her hair and to wear it down), a planned Janis Joplin biopic and the third Superman film, *Justice League*, which is shooting in London soon. Having a child, she says, 'has started to change my decision-making process. It's hard.' And not just for the reasons you'd expect. 'It's hard to let certain projects go.'

This brings us back to *Batman v Superman* and Lois Lane. Adams laughs about going to Comic-Con, the annual nerd convention in San Diego, where she paraded around with Ben Affleck and Henry Cavill. Standing between Batman and Superman, she recalls, 'I felt very petite. And I don't always feel petite in this town. It was nice.' Not that Lois Lane is exactly a damsel in distress; she's been reimagined as a war reporter, proudly quipping in *Man Of Steel*, 'I get writer's block if I'm not wearing a flak jacket.' Supporting characters, she concludes, definitely get to have most of the fun.

But there's more to it than that. *Batman v Superman* may be a massive global blockbuster whose box-office performance – not to mention toy sales – have the power to affect the studio's bottom line, but Adams' motivations are refreshingly intimate and personal. Lois Lane is the beating heart of the franchise, but also the character closest to Adams' heart. And in taking this role, she's simply being true to her sometimes silly, always sincere self. 'Before Superman came along,' she says, 'Lois operated as if everybody had an agenda. She was jaded. Clark changed that. Now that she needs somebody – or something – she's vulnerable.' ■

*Batman v Superman: Dawn Of Justice* is in cinemas on 25 March.



Top, trousers and  
bow neckpiece,  
all Gareth Pugh;  
earrings, Sonia  
Boyajian; bracelet,  
Cartier

# SPRING FEVER

Your new wardrobe is sorted – now it's time to update your beauty routine. Thankfully, Boots has you covered

## JUST LIKE YOU PACK AWAY

that wool coat once spring arrives, your heavy-duty moisturiser might need a break, too. Our skin changes throughout the year, so the products we use in winter don't always work as well once temperatures start to soar. With this in mind, we've teamed up with Boots to put together an amazing edit of products to help you sport a gorgeous complexion all season long.

Skin tends to become oilier when it gets hot, so we've included a gentle face exfoliator to help buff away impurities. There's also a light serum to replace the winter night cream that could lead to clogged pores, plus a moisturiser with an impressive SPF50+. This is also a good time to think about the texture of your skin, and using a retinol skin resurfacer can help to minimise the first signs of ageing and promote collagen production. An eye gel is a year-round necessity and we've thrown in an innovative new body scrub made with ground coffee beans so you'll look great in those tees and shorts on hols.

Find all these products at [Boots.com/marieclaire](http://Boots.com/marieclaire). Order at [boots.com](http://boots.com) or in-store today by 8pm and collect free in-store after 12pm tomorrow.\* If you buy all of these products, you'd collect 498 Boots Advantage Card Points!\*\*

\*Monday-Saturday. Geographical exclusions apply. Subject to availability. \*\*Normal advantage card terms and conditions apply. See [boots.com](http://boots.com) for details



**1 Grounded Coconut Scent Coffee Scrub 200g**, £15, Boots, exfoliates with coffee bean powder and hydrates with coconut oil **2 Indeed Labs Retinol Reface 30ml**, £19.99, Boots, contains three forms of retinol to target the appearance of lines **3** A light cleanser is spring appropriate and the **Philosophy Purity Made Simple 3-in-1 Cleanser For Face And Eyes 90ml**, £8.50, Boots, tones too **4 Benefit Puff Off! 10ml**, £22.50, Boots, is an eye gel that helps smooth the look of puffiness and lines





5 Spray **Avène Thermal Spring Water 300ml**, £10, Boots, on your face to help set make-up in warm weather 6 Dry skin will soak up the **Bioderma Hydrabio Sérum 40ml**, £17.80, Boots 7 A multitasker, **Soap & Glory Make Yourself Youthful Sunshield Superfluid SPF50+ 30ml**, £15, Boots, protects against UVA and UVB rays and helps to even out the appearance of a blotchy complexion 8 Banish dry winter skin with the **Liz Earle Gentle Face Exfoliator 70ml**, £15.75, Boots



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NEW

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(Love your skin day & night.)

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with revitalizing powers



# CLARINS

\*4 week satisfaction test: Multi-Active Day Cream All Skin Types, 106 women.  
\*\*Source: The NPD Group value sales Jan-Nov 2015.

# BEAUTY



## HOT STUFF

Summer skincare hacks, photo-finish liquid bronzers and acid-bright liners. Here comes the sun...

# THE GOLD ONE ALWAYS IN STYLE

BECAUSE YOU'RE WORTH IT.

*Gold Always*

— Julianne Moore

OUR FINEST HAIRSPRAY  
USED BY THE FINEST STYLISTS.

# Elnett *Satin*

- 5 DECADES OF LEGENDARY HOLD.
- MICRO-DIFFUSION.
- DISAPPEARS AT THE STROKE OF A BRUSH.

Discover more at [loreal-paris.co.uk/alwaysinstyle](http://loreal-paris.co.uk/alwaysinstyle)

\*Nielsen full year 2015 value sales

# L'ORÉAL PARIS

# BEAUTY NEWS



## GAME CHANGER

## INVISIBLE FOUNDATIONS

Less is more when it comes to your base, and these natural high achievers are top of our list

### 1. Nars Velvet Matte Skin Tint SPF 30, £30

Moisturising, matte and pigment-rich? Yes, please.

### 2. Laura Mercier Candleglow Soft Luminous Foundation, £35

Radiant-pearl mica technology mimics the glow of just-lit candles. Gorgeous.

### 3. YSL Le Teint Touche Eclat Foundation, £32.50

Gold pigments catch the light and the anti-fatigue complex keeps skin fresh-looking all day.

## MC LOVES...

**Elemis Limited Edition Pro-Collagen Marine Cream Ultra-Rich, £110.** This hero hydrator, embossed with Women for Women International's logo, is the feel-good buy. The charity provides war survivors with skills to escape poverty and is being supported by Elemis. We love.



## ANATOMY OF... REVOLON BRUSHES

From £6.99



There are eight key brushes – everything you need for a flawless look.

BMW helped to design the technology of the brush handles.



The super-soft bristles are virtually fall-out proof due to the expert FXTM technology.

The faceted handles are perfectly weighted and balanced to provide the ultimate comfort and grip.

**UNDER 140-CHARACTER REVIEW:** Marc Jacobs' beauty line has landed, and this decadent red lipstick is our spring make-up hero. **Marc Jacobs Le Marc Lip Crème in Goddess, £24**



NEW

# Beauty-full Volume

REVERSE SYSTEM FOR

2X VOLUME, 2X SMOOTHNESS\*

1

STEP 1  
*CONDITION*  
to soften



2

STEP 2  
*SHAMPOO*  
to wash  
away weight

My volume never  
felt this good

**TRESemmé**  
USED BY PROFESSIONALS

\*Vs. unclean hair and non-conditioning shampoo

PROFESSIONAL · AT YOUR FINGERTIPS

## LISA SAYS:

'Diamond dust + blurring powders = luminous skin – my antidote to gloom.'

Guerlain Météorites Base, £46



**Alchemy Organic Super Blends Morning Elixir, £40.**  
'Thirty servings of goodness. This makes me pin-sharp pre-office.'



**The Upside 'Dark Lily-print' swimsuit, £168.** 'Perfect for my swims in the Serpentine Lido.'



ALTUZARRA



LISA O  
LOVES

# Va va bloom

Our beauty and style director's hot picks for the month ahead

PHOTOGRAPHS BY JASON HETHERINGTON  
JASON LLOYD-EVANS. STILL LIVES BY PIXELEYE



CEDRIC CHARLIER



**Inspira Ampoules, £30 (for 7).**  
'I mix up these potent shots twice a day. Customised skincare just got real.'



**Clarins Multi-Active Jour, £42.** 'This protects, plumps up and hydrates my fine lines.'

**Benefit Hoola Bronzing and Contouring Brush, £17.50.** 'I love these rabbit-soft bristles. Bring on the bronzer!'



**Holistic Silk Unscented Eye Mask, £46.** 'One peep of sunlight and I'm awake. This comforting eye mask prevents pillow creases, too.'



**Crème De La Mer The Lifting Eye Serum, £180.** 'My eyes are sagging. Fact. This tightens better than anything else. Save up.'



**Pentreath & Hall Alphabet Brush Pot, £40.** 'What can be more cheery than clearing your brushes away into this?'



**Bobbi Brown Extra Lip Tint, £25.** 'My lips can look too red, so I knock them down with this pale pink balm.'

## TAN TRICKS

A tan is one of the quickest ways to look fitter and more radiant. For colour that builds, facialist and Olay global ambassador Anastasia Achilleos recommends using a gradual tanner one evening, then a body scrub two days later to ensure it looks even. He-Shi Body Sculpting Gradual Tan, £22.50, also helps to boost your circulation. To prevent product build-up alternate your tan with Aromatherapy Associates Natural Exfoliating Grains, £20, and Clarisonic's Radiance Brightening Solution, £199, body-buffing head.

**PRO PREP** The dream body duo is a top-to-toe scrub followed by a streak-free tan. Clarins TriActive Sun Glow Body Treatment, £52 (70 minutes), also provides you with the know-how you need to be your own pro.

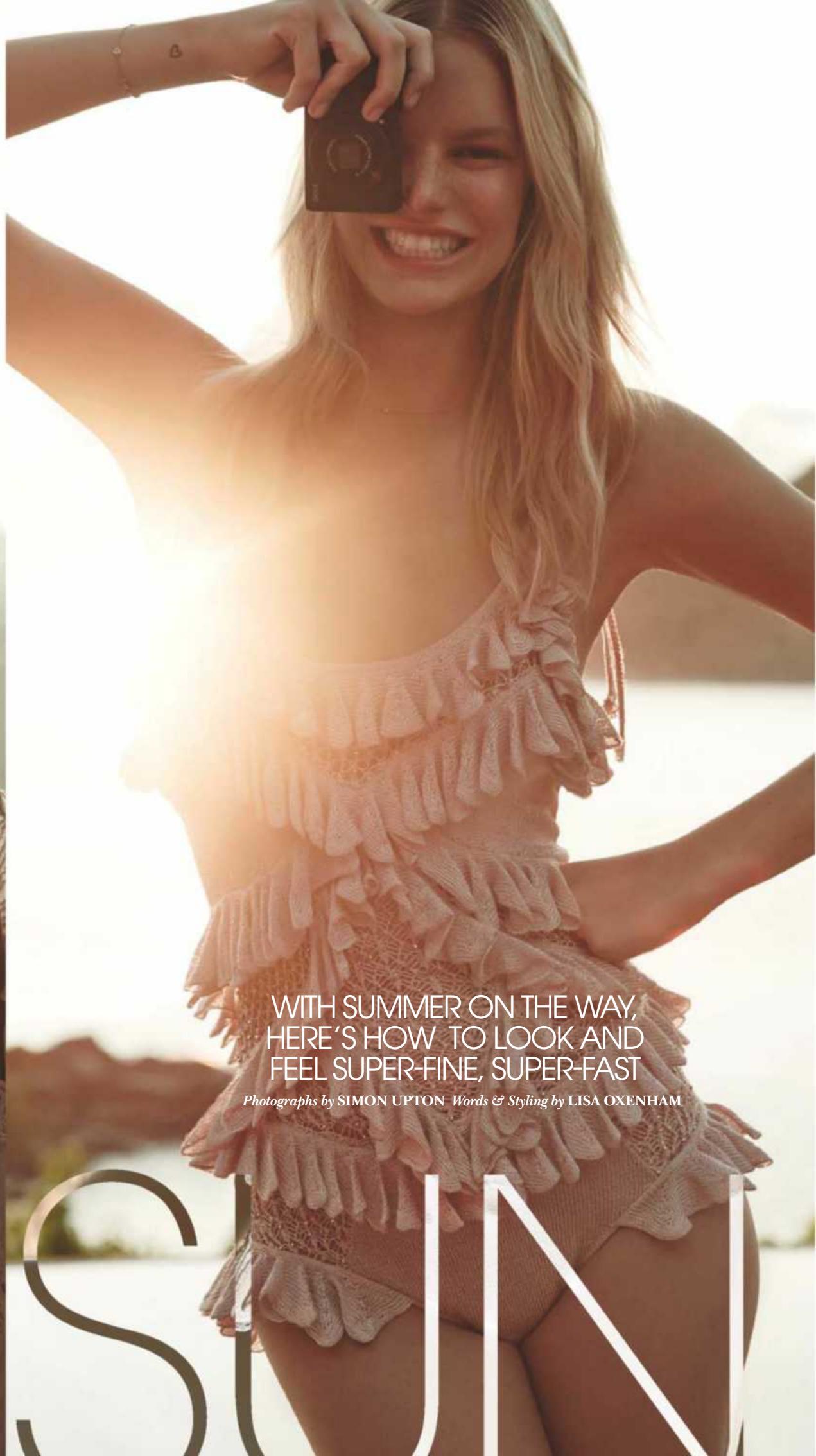
**START** taking Imedeen Tan Optimizer Capsules, £40.80 – they up the levels of antioxidants and melanin for a safer, deeper tan.

**STOP** waxing. Switch to the new Tria Hair Removal Laser 4X, £375, which has the same effects as a pro laser, minus the hassle. ►

*This page: dress, Chloé; necklace (just seen, worn throughout) and bracelet, both Tiffany & Co  
Opposite page: swimsuit, stylist's own*

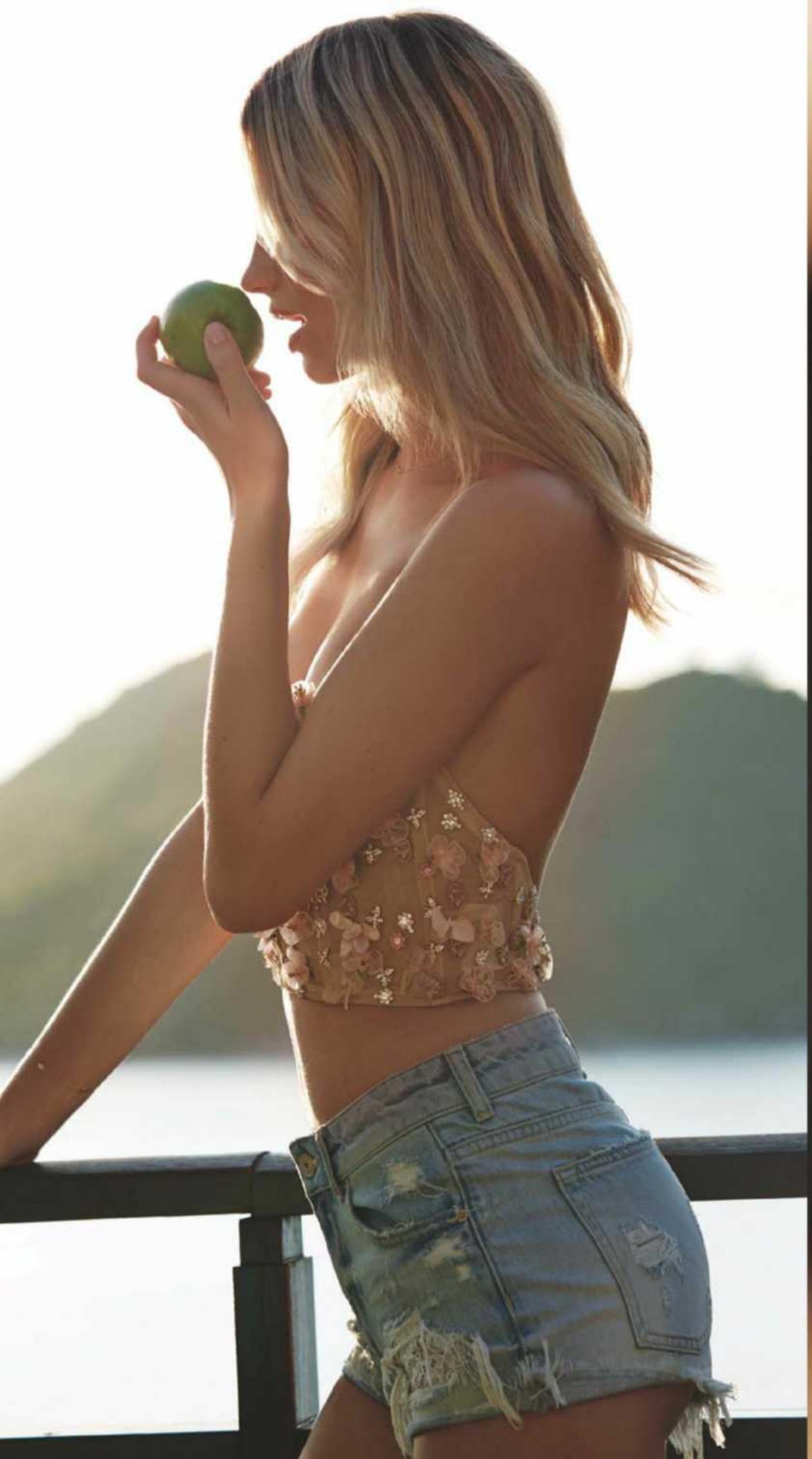


RISING



WITH SUMMER ON THE WAY,  
HERE'S HOW TO LOOK AND  
FEEL SUPER-FINE, SUPER-FAST

*Photographs by SIMON UPTON Words & Styling by LISA OXENHAM*



## SKIN SOS

Red, angry, stressed – that's your skin's reaction to the first hit of UV rays. 'High acidity in your diet can cause oversensitivity,' says founder of The Organic Pharmacy Margo Marrone. 'For three weeks before you go in the sun, avoid all refined sugar, and drink water that's infused with lemon.' Take an alkalisng supplement like Nature's Sunshine Liquid Chlorophyll, £14.25, too.

**PRO PREP** Our genes dictate how we respond to food and exercise. This means you can tailor your diet based on how your body reacts to carbs and saturated fats. iamYiam, £387, is an analysis kit worth saving up for.

**START** taking UDo's Choice Ultimate Oil Blend, £22.99, to speed up your metabolism, and The Organic Pharmacy Detox capsules, £29.95, to help with elimination. Ease stomach bloating with Victoria Health Mega Probiotic ND, £19. If you're planning a pre-holiday tummy blitz, try kicking it off with totally natural weight-loss product Almased, £22.95, available only at Boots.

**STOP** stressing out. 'Elevated levels of cortisol are associated with overeating,' says Gabriela Peacock, nutritional therapist and founder of GP Nutrition. Counter this with GP Nutrition Restore Me supplements, from £55, which help to stabilise your energy levels.

## EFFORTLESS MAKE-UP

'Summer make-up is all about a minimalist, super-healthy look,' says Achilleos. 'Hydration is your starting point.' Use Olay's new Total Effects 7-in-1 Feather Weight Moisturiser, £14.99 (a lightweight version of its classic Total Effects 7-in-1 Anti-Ageing Day Moisturiser), then apply Nars Velvet Matte Skin Tint, £30, on top. Must-have multitaskers include Maybelline Baby Lips Balm and Blush in Flirty Pink or Innocent Peach, £4.99, and Dior Diorskin Nude Air Glowing Gardens in Glowing Pink, £32.50, for an ultra-natural wash of colour.

**PRO PREP** Create a sunny glow with a Charlotte Tilbury Golden Goddess make-up lesson. Prices start at £15 and are redeemable against products.

**START** applying Shavata Cluster Lashes, £20, for feathery eyelash extensions.

**STOP** drawing on your brows. Tweak the ends with Jolen Creme Bleach, £10.50, or go to Blink Brow Bar for its Sun-Kissed Brow Tint Treatment, £14. ▶

*This page: top, Mimi Holliday  
Opposite page: top, Rebecca Minkoff; shorts, Bershka*



## STAND FIRM

With your tan and diet on track, it's time to tone up. Dr Murad's Firm and Tone Dietary Supplement Pack, £99.50, strengthens skin and improves texture.

For a seriously effective lotion, use Clarins Body Treatment Oils, £40, before a workout to boost body-shaping results. Alternatively, Sisley Cellulinov, £142, and Dior Svelte Body Desire, £58, can help smooth out sluggish skin. Finally, Bliss FatGirlSixpack, £34, and Shiseido Firming Body Cream, £47, refine the skin, making it look more toned.

**PRO PREP** A short course of Elemis Targeted Toning Tightener wraps, £135, will eliminate toxins, leaving you feeling refreshed and lighter.

**START** using Anne Semonin Detoxifying Body Oil, £37.50, which is ideal for reducing water retention.

**STOP** eating salt. Salt is proven to increase water retention – not ideal for a day on the sun lounger. Use Liz Earle's Natural Bristle Body Brush, £8.50, to stimulate circulation and then add Neal's Yard Remedies Body Slimming Salts, £9.99, to a hot bath to flush out excess fluid and toxins. You're done! ■

*Bra and briefs, both Eres*

JOHN FRIEDA.

LONDON PARIS NEW YORK

me&john



Together we can put frizz out of sight and mind.

Meet 10 Day Tamer. Erase frizz for 10 carefree days in just one use. No heat required. Enjoy perfectly behaved hair and effortless versatile styling, wash after wash\*.

**Me & John & Frizz Ease 10 Day Tamer. Together we can.**

\*Effect lasts through 5 washes.



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# Ultimate Blends

## — BODY —

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\*Among leading retail permanent shades and pre-formulated salon colour.

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\*based on IRI volume sales August 2014 to August 2015



Candice with boyfriend and model Hermann Nicoli (right), and fellow Victoria Secrets model Behati Prinsloo (below left)



## MY BEAUTY RULES

# Candice

Victoria's Secret Angel Candice Swanepoel shares beauty tricks, workout tips and a DIY exfoliator recipe

Interview by SUZANNE SCOTT

**M**y signature is a fresh face and red lips. I use Max Factor Miracle Match Foundation, as it's sheer but still provides coverage, and Max Factor Lipfinity, which has blue undertones so it looks bold. Plus, it stays on through a night of dancing! **The Victoria's Secret image is healthy and sunkissed.** A trick I learnt backstage is to apply highlighter on cheekbones and near the tear ducts – it opens and brightens the eyes. I use RMS Beauty Living Luminizer. It has a natural sheen; you can't see any shimmer or glitter.

**Weights are the easiest way to get muscle definition, especially in the arms.** It's important for the girls to look strong and healthy in the show. Two weeks before the big day, I work out for two days, then rest the next two, and repeat. I do resistance training, Pilates, yoga and weights.

**The first thing I do when I get home is wash my face.** I have to wear loads of make-up for work. So, like many models, I usually take my

own moisturiser to shoots. I love Biotherm Aquasource – it's rich, but lightweight, and sinks in quickly. **I sometimes mix my own exfoliator.** It's super-easy: coarse sugar in coconut oil – that's it! I also use Colbert MD exfoliating discs. My skin goes through a lot, so I regularly exfoliate to get rid of impurities.

**My favourite fragrances contain jasmine.** I wear Juicy Couture Viva La Juicy Rosé. It has a little attitude to it – almost like it's ready to party and get into some mischief.

**I sleep with my hair coated in argan oil.** I'll even use it as a treatment before getting my hair coloured. If I don't have to be anywhere, I'll mix coconut oil into it as well for an added moisture boost, but it takes a couple of rinses to get it out. I also use a Kérastase mask which is brilliant for coloured hair. When you're blonde, you have to pay attention to the condition, otherwise it starts to look straw-like.

**It's easier to be healthy in New York than in London.** I tend to order out when I'm in New York because there are lots of healthy places to choose from. But I do love to cook. I'll make quinoa salads, roast chicken and soups.





HAIR BUZZ

ISABEL MARANT COSTUME NATIONAL

**TRESemme Youth Boost Essence, £9.99**

Antioxidants and omega-3 soothe and hydrate the scalp, so the follicles can produce 'incroyable', healthy hair.



PAUL &amp; JOE


**Show Premiere Working Texture Spray, £30**

Spritz over dry hair for added grit.



COSTUME NATIONAL


**Aesop Classic Shampoo and Conditioner, £33 each**

Cedarwood, juniper berry and rosemary will leave your hair cleansed and refreshed.

COSTUME NATIONAL



# POWER PARISIENNE

Pack your Louis Vuitton – we're off to the city of love to find the key to chic hair

Words by SUZANNE SCOTT

Parisian women are innately cool – effortless style, blemish-free skin and kohl-ringed eyes that are the right side of nonchalant. And somehow, they have perfected the art of bed hair and made it their own. Damn. Them. All.

While sexy, post-coital tresses are tough to recreate, having a great cut and the right styling kit will make those sleek waves and textured ends more achievable. That's the trick to looking like you're a native Parisian, dashing across Rue Saint-Honoré with shopping bags, suitors and paparazzi in tow. Simple, *non?* Here's what you need...


**Shu Uemura Art Of Hair Color Lustre Cool Blonde, £32**

Use this balm post-shampoo to restore vibrancy to coloured hair for an extra week between salon trips.


**Bumble And Bumble Bb. Texture Creme, £22.50**

No time to tong? Apply this cream, then twist sections of hair before the product dries to encourage a slight wave.

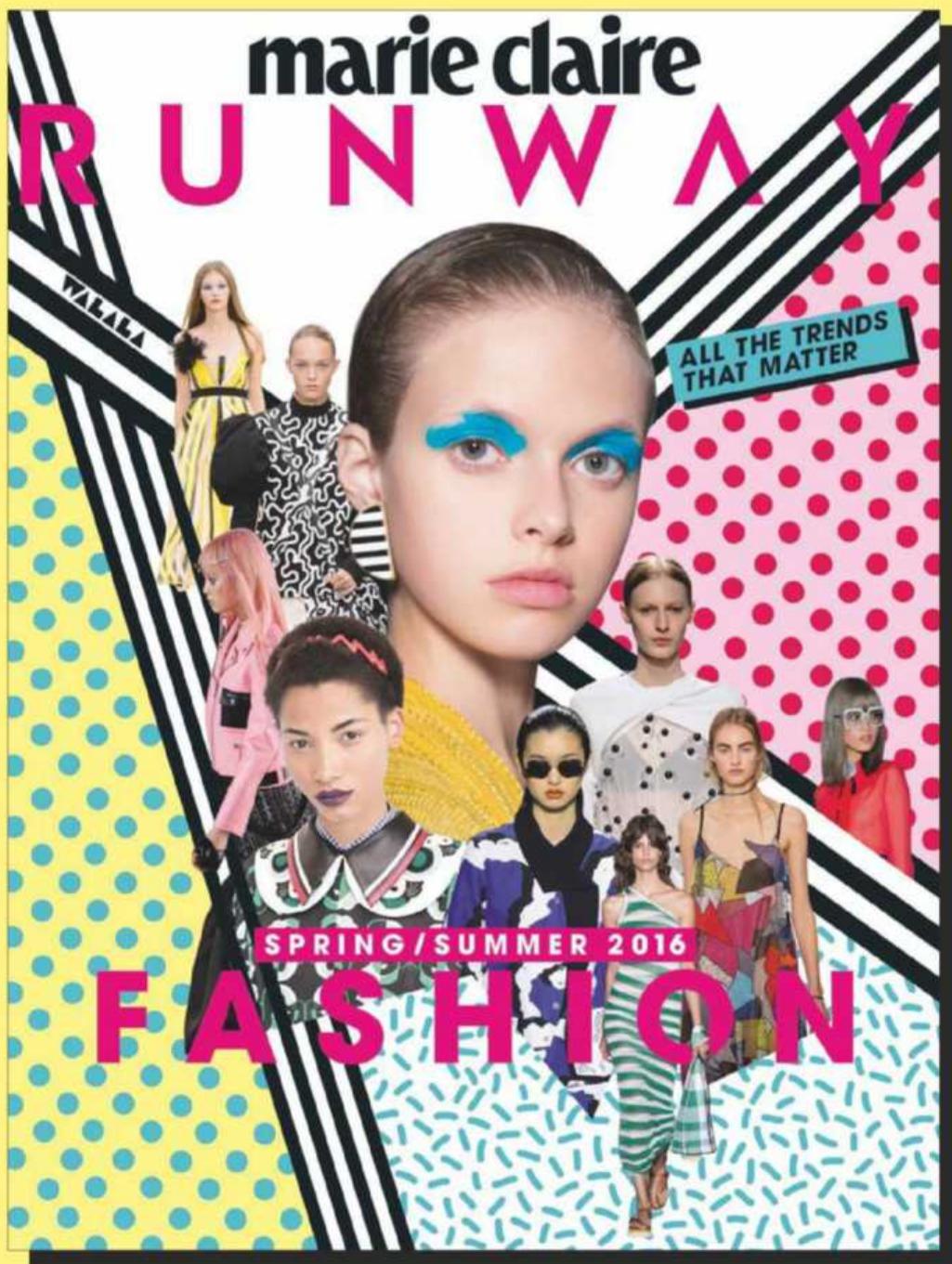

**GHD Curve Soft Curl Tong, £120**

Lightly tong mid-lengths and ends for a soft wave – avoid your roots to keep the finish relaxed.


**Oribe Côte d'Azur Hair Refresher, £21**

Watermelon, lychee and edelweiss help protect locks from UV damage.

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NEW SEASON



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THE  
BEST

# COLOURED LINERS

Draw on the season's hottest shades with these eye-opening pencils

Photograph by MARC BEAUSSART Words and styling by CHARLOTTE CLARK

**1. Barry M Kohl Pencil in Green, £2.99**

Brown-eyed girl? Complement the colour with this light olive shade that emphasises golden flecks to make dark eyes really sparkle.

**2. Barry M Lip Liner in Fuchsia, £2.99**

This amazing hot-pink liner is ideal for perking up your post-winter skin. It's easier to pull off than a bold red and also makes your teeth look whiter, thanks to its blue undertones. Win-win.

**3. Illamasqua Eye Colouring Pencil in Vow, £16**

Heavy weekend? Apply this light beige shade to the inner corners of your eyes and along the waterline. It will give you a fresher look and detract from dark circles.

**4. Maybelline Colour Sensational Lip Liner in Choco Pop, £3.99**

Colour-phobic? Switch up your regular black liner for this red/bronze that reflects light and makes your eyes look way bigger.

**5. MAC Chromagraphic Pencil in Primary Yellow, £14**

Make sure all eyes are on you with this gutsy canary-yellow liner that works particularly well on olive skin.

**6. Bobbi Brown Lip Pencil in Tangerine, £16.50**

Create your own sunshine this spring with this zesty orange – it looks incredible on darker skin.

**7. Kiko Colour Kajal in Red, £4.20**

Scarlet eyeliner isn't as scary as you think. Work it into the

lid and crease for a wash of colour that's all kinds of gothic chic.

**8. Rimmel Soft Kohl Eyeliner in White, £2.99**

A smidgen of this white pencil underneath your eyeshadow will really make it pop – it's the perfect base for paler skin.

**9. Revlon Eyeliner in Aquamarine, £4.29**

Channel your inner mermaid with this high-pigment, iridescent liner. Apply it along the upper lid, then blend for a subtle hit of sea blue.



For body and bounce,  
try a little shampoo/  
conditioner switch-up  
with TRESemmé's  
'reverse wash' system

'I'M BLOWN AWAY BY  
THE BEAUTY-FULL  
VOLUME RANGE. IT'S  
A LIGHTWEIGHT, BUT  
STILL MOISTURISING,  
SYSTEM THAT  
DELIVERS VOLUME  
WITHOUT WEIGHING  
HAIR DOWN'

AARON CARLO, HAIR STYLIST

# A HAIR REVOLUTION

The experts at TRESemmé have delivered their biggest innovation yet – a genius ‘reverse wash’ haircare system for beautiful volume and serious smoothness. We’re officially excited



**TIRED OF SACRIFICING SOFT**, touchable hair to get the volume you want? Whether that means shying away from conditioning products because you feel they make your hair flat or upping the body-boosting sprays that can leave locks stiff – there is an alternative. TRESemmé’s new, first-to-the-mass-market Beauty-Full Volume collection is rewriting all the rules so you don’t have to compromise on the look or feel of your hair.

So how does it work? It’s simple. You condition first with the Beauty-Full Volume Pre-Wash Conditioner, which has Fibre Polishing Actives to leave hair smooth, plus patented Fleximax Volumisers that amplify body, and then you cleanse with the Beauty-Full Volume Shampoo. This straightforward role reversal will give you twice the volume and twice the smoothness\*. And there’s more – the mousse and hair maximiser in the collection give you salon-like body without that stiff, product-laden feeling. See, you can have it all.



**Beauty-Full Volume Pre-Wash Conditioner, £4.99**  
The special formula nourishes but adds volume, too

**Beauty-Full Volume Shampoo, £4.99**  
Used after the conditioner, it leaves hair full of body and bounce



**Beauty-Full Volume Hair Maximiser, £4.99**  
A light cream that smooths and gives natural volume and movement

**Beauty-Full Volume Mousse, £5.50**  
Special Fleximax Volumisers mean you get a light hold but amazing body

## ‘REVERSE’ YOUR WASH

### 1 Condition first to get volume that still feels soft.

TRESemmé’s Beauty-Full Volume Pre-Wash Conditioner contains special Fibre Polishing Actives that remain on the hair after the conditioner is washed off to lock in smoothness without weighing your hair down.

### 2 Shampoo next to cleanse and remove excess weight left by the conditioner.

Designed to wash away the weight of the conditioner, but not the softness, TRESemmé’s Beauty-Full Volume Shampoo leaves your locks full of body and bounce.

### 3 Maximise volume and maintain it all day long.

Like the conditioner and shampoo, the Beauty-Full Volume Hair Maximiser and Mousse contain TRESemmé’s Fleximax Volumiser technology. It creates soft, flexible bonds between the hair, giving amazing root-lift and a light hold. Use the maximiser for a volumised look that’s silky and polished or opt for the mousse for lightweight hold that delivers all-day lift.

## FOR MORE INFORMATION

Visit [tresemme.co.uk](http://tresemme.co.uk) to find out more about the groundbreaking Beauty-Full Volume collection. All products are available at Tesco and all prices quoted are RRP.\*\*

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#uncapflavour

marie claire

PRIX  
D'EXCELLENCE  
DE LA BEAUTÉ  
2016

# THE BEST BEAUTY BUYS OF 2016

Now in its 30th year, *Marie Claire's* annual Prix D'Excellence de la Beauté awards are bigger and better than ever. From South Korea to the US, a prestigious panel of international and British judges have joined together to bring you this year's beauty stars... ▶

*Photographs by LAURENT HUMBERT*



volume



sleek



Waves



# CREATE YOUR LOOK

instead of just  
finishing it



## NEW SHAPE MY STYLE CREATION HAIRSPRAYS

For a workable hold. Frizz resistant and ultra-brushable.

UK's no.1 Styling Brand\*

The international  
Marie Claire judges



France: **Ariane Goldet, president of the jury**



UK: **Lisa Oxenham**



US: **Erin Flaherty**



Italy: **Maria Vittoria Pozzi**



China: **Ling Jia**

Completing the panel of global judges:

MC Korea: **So Young An**

MC Spain: **Susana Blázquez**

MC Australia: **Alex Noonan**

MC Russia: **Anastasia Kharitonova**

Biba: **Catherine Baudet**

Elle Italy: **Sabrina Bottone**

Version Femina:

**Emmanuelle Demarest**

*Votre Beauté:*

**Marie-Françoise Dubillon**

*Avantages:*

**Dominique Garnier**

*Cosmopolitan France:*

**Emmanuelle Lannes**

*Stylist France:*

**Julie Levoyer**

*Madame Figaro:*

**Brigitte Papin**

*Marie France:*

**Alexandra Raillan**

*Femme Actuelle,*

*Prima:* **Virginie De Tarlé**

*Gala:* **Béatrice Thivend**

## International winners

A bespoke panel of global experts used their knowledge to pick the very best in make-up, skincare and sun care. Add these key items to your wish list now



### Vichy Ideal Body range, from about £13

The products in this line contain a unique formula of ten natural oils, plus nourishing hyaluronic acid and calming thermal spa water to soothe, rehydrate and replenish your natural moisture levels. After just one use, skin is noticeably softer and, over time, firmer, which is why it ranked so highly with the judges.



### Chanel Hydra Beauty Micro Sérum, £49.95

There are serums and then there's this. With its luxuriously light texture, Chanel's serum absorbs immediately. Plus, it soothes any tightness, thanks to the microfluidic technology that rehydrates your skin during the day. 'This is my latest travel companion, as it's ideal for bolstering my skin on long-haul flights,' says Lisa Oxenham. 'It's like a hydrating facial in a tube and what every woman needs, regardless of age or skin concern.'



### Rene Furterer Absolue Kératine range, from about £11

Using keratin extracts to strengthen the hair shaft from within, this protein-rich range gives fried tresses a new lease of life. It's like a facial for your locks and a must-have for anyone who colours their hair or heat styles it. We guarantee that you'll notice the difference after one application.



### Lancôme Miracle Cushion, £29.50

Overworked, overtired and so over it! No wonder this foundation, which re-energises your skin instantly, appealed to every one of our judges. One said, 'The base looks perfectly natural, with a velvety finish that improves a dull complexion.' And she wasn't the only fan. 'Every time I've used this, I've been complimented on how great my skin looks,' says Lisa. ►



International winners continued...

**Shiseido Expert Sun Aging Protection Lotion SPF30, £32**

Formulated with special WetForce technology that actually boosts its efficacy when it comes into contact with water or perspiration, this sunscreen creates a protective veil that can even be used when wet. It also contains an antioxidant complex to protect against free radicals, UVA, UVB and infrared rays.



**SPECIAL JURY WINNERS**

**Most creative: By Terry Eye**

**Designer Palette in Magnet Eyes, £69**

By Terry's latest innovation puts a twinkle in our eyes. Why? The formula is anti-inflammatory and provides long-lasting, crease-free eyeshadow. No wonder the international judges love it. 'This product combines an elegant silky finish with intense colour. It's almost too beautiful to use.'



**Most innovative: Giorgio Armani Crème Nuda, £145**

This delivers the holy grail of beauty: undetectable foundation. 'I hate the feeling of anything on my skin, but was so impressed by the barely there feel,' says Lisa. With light-reflecting pigments, it delivers 12 hours of hydration, blurring imperfections for a fresh-faced finish that's basically invisible to the eye. Impressive. ►



Official haircare partner of:

BRITAIN'S NEXT  
**top model**

Good models have  
the look...



**MODELS  
USE THEIR  
HEAD  
& SHOULDERS**

## The British beauty elite loves...

For 2016's prestigious *Marie Claire* awards, our panel of British beauty journalists awarded prizes in the categories of best skincare, body care, make-up and haircare. Here's their winning edit

### The British judges

The crème de la crème of the beauty industry cast their votes



**Lisa Oxenham**  
Marie Claire's beauty and style director



**Sam Dean**  
Beauty editor of Marie Claire's new beauty venture



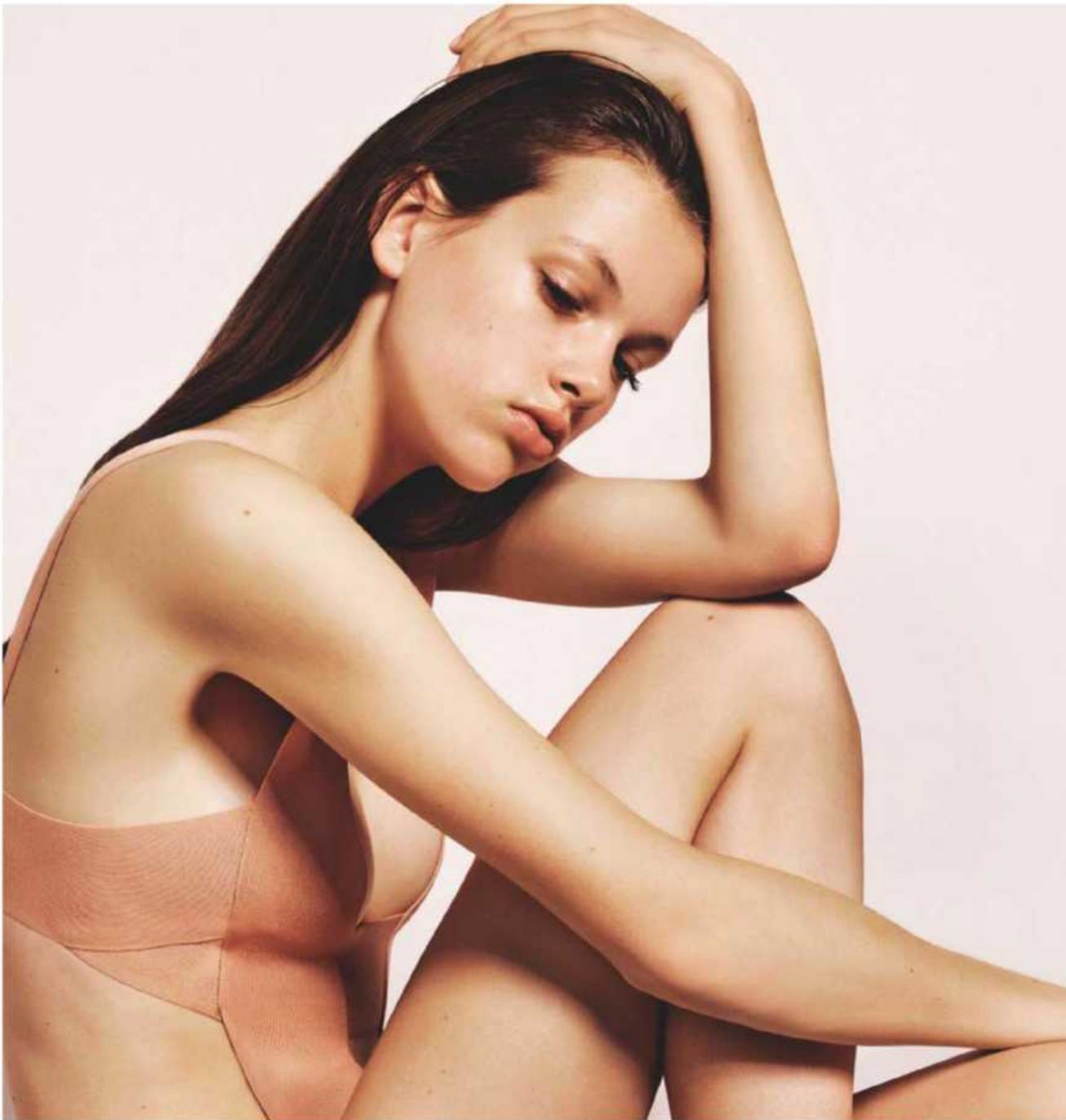
**Alice Hart-Davis**  
Author and creator of Good Things skincare



**Caroline Hirons**  
Beauty-industry insider, blogger and facialist



**Nadine Baggott**  
TV beauty expert and vlogger



### HAIRCARE

#### **WINNER: John Frieda Frizz Ease Dream Curls Air-Dry Waves Styling Foam, £5.89**

Ask any woman what her number-one hair bugbear is and we'll guarantee that frizz is at the top of the list. But scrunch into wet hair and left to air-dry, this foam leaves hair touchable, soft and, most importantly, frizz-free. 'It's a healthier alternative to daily heat styling,' says Lisa. 'So ditch your blow-dry and embrace what nature has given you – air-drying is definitely trending.'

**Highly commended: Dove Advanced Hair Series Quench Absolute Supreme Crème Serum, £6.99**



### BODY CARE

#### **WINNER: Elizabeth Arden Eight Hour Cream All-Over Miracle Oil, £29**

Once upon a time, the concept of body oil may have sent many women running for cover. But fast-forward a few years, add a bit of cutting-edge science into the mix and the result is the most effective way of hydrating your body, without the greasiness of a standard moisturiser. As well as boasting the same skincare benefits as Eight Hour Cream, this is infused with hydrating tsuabki oil, particularly loved by the jury. 'I used it on my hair and face; I could bathe in this stuff. A true multitasker,' says Sam Dean.

**Highly commended: St Tropez Gradual Tan In Shower Tanning Lotion, £14.50 ►**



Official haircare partner of:

BRITAIN'S NEXT  
**top model**

Great models also  
use their head...



**MODELS  
USE THEIR  
HEAD  
& SHOULDERS**



HAIR BY BRUNO SILVANI AT JED ROOT; MAKE-UP BY CELINE EXBRAY AT CALL MY AGENT; NAILS BY LORANDY AT BACKSTAGE AGENCY; MODEL: ANNIEK AT ELITE; CLOTHING ON PAGE 227 AND PAGE 230; ALL HERVE LEGER BY MAX AZRIA, TOP ON PAGE 228; ERES



British winners continued...  
MAKE-UP

**WINNER: bareMinerals Complexion Rescue, £26**

Most of us need a little help when it comes to flawless skin, which is where this hero buy excels. 'Real skin isn't flat – it reflects light – and this gel/cream foundation provides coverage and luminosity,' says Lisa. The judges raved about this one: 'I can finally say goodbye to my foundation and moisturiser,' said Nadine Baggott. 'After one week of regular use, my skin looks radiant and my fine lines are plumped – it's fantastic.'

**Highly commended: MAC Studio Waterweight SPF30 Foundation, £25.50**



SKINCARE

**WINNER: Estée Lauder New Dimension Shape + Fill Expert Serum, £62**

We are witnessing a pro-ageing revolution with Estée Lauder's game-changing launch, New Dimension. Revolving around positive change (not mentioning wrinkles at all), this serum has been developed to define your facial contours by improving both visible volume and structure, thanks to hyaluronic acid, lipids, filaggrin, pro-collagen complex and elastin boosters. And it works. The panel saw an improvement in just three days.

**Highly commended: Elemis Pro-Collagen Super Serum Elixir, £49 ■**



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## special

FUTURE FACES

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SKINCARE KNOCKOUTS

Tech breakthroughs  
your face will love



# Tomorrow's beauty

MODERN MAKE-UP  
2016's hottest buys

LET THERE BE LIGHT  
The skin treatment  
everyone's talking about



# Editor's letter



There's a really exciting dynamic in beauty right now. A combination of technology and research, innovation and creativity, plus the emergence of a generation

living out their lives, hopes and dreams on social media is challenging the perceptions and expectations of how we look. In this *Marie Claire* Beauty Special, we meet the bright young things starring in the 'gender-free' ck2 fragrance campaign, who represent a new beauty philosophy for this digital age.

We've also selected the best products to deliver spring's most coveted make-up looks, and tested the latest skincare products promising breakthroughs on everything from capillary repair to collagen stimulation. Finally, the latest buzzword in beauty treatments is... light. Turn to page 252 to find out more and what it can do for you. Prepare to be enlightened.

Lisa



Tweet me @LisaOxenham\_MC



ck2, £53 for 100ml



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Recreate Candice's transformation: **Voluptuous False Lash Effect** in Black, **Masterpiece Nude Palette** in Golden Nudes, **Colour Elixir Lipstick** in Burnt Caramel, **Lasting Performance** in Soft Beige.



THE MAKE-UP OF MAKE-UP ARTISTS

# In the bag

All the killer colours, face fixers and Insta-ready basics you need now



## DARK & STORMY

**Ditch the neutrals and explore your deeper side with rich navy, punchy purple and metallics.**

Clockwise from top left: Givenchy Hydra Sparkling Twinkling Eyes Icy Eye-Reviver Gel, £32; Givenchy Foundation Brush, £37; OPI Nail Lacquer in Russian Navy, £12.50; Nars Shimmer Eyeshadow in Tropic, £18; Christian Louboutin Hawaii Kawai Limited Edition Nail Colour Coffret in Köhl (part of set), £65; Urban Decay Eyeshadow in Flash, £14; By Terry Crayon Kohl Terrybly in White Wish, £24; Clinique Lip Brush, £14; Yves Saint Laurent Touche Eclat Neutralizer in Violet, £25; Chanel Le Vernis Nail Colour in Lavanda, £18; By Terry Baume De Rose Nutri-Couleur in Mauve Moon, £33.50; Dior Diorshow Mono Wet & Dry Backstage Eyeshadow in Lilas Mitzah, £24; clutch, £475, Jimmy Choo ►



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## LOOK SHARP

Contour, highlight and chisel your way to complexion perfection with these hero buys.

Clockwise from top left: YSL Matte Finish & Blur Powder, £36; Tom Ford Shade And Illuminate Brush, £58; Suqqu Dual Lip Colour in EX-03, £20; Aspinal Of London Compact Mirror, £45; Guerlain La Petite Robe Noire Nail Polish in Pink Tie, £17; Clarins Instant Light Natural Lip Perfector in Toffee Pink Shimmer, £18; Pearl Drops Beauty Sleep Overnight Serum, £3.49; Dior Glow Maximiser Light Boosting Primer, £29; Charlotte Tilbury Magic Foundation in 9 Dark, £29.50; Givenchy Kabuki Brush, £34; Givenchy Noir Couture Waterproof Mascara in Black Organza, £25; Revlon Ultra HD Lip Lacquer in Peach, £7.99; Clarins Rouge Eclat Lipstick in Pink Blossom, £19.50; washbag, £225, Smythson ►



## PHOTO FINISH

Banish blemishes, brighten your skin and nail those power brows with this high-definition kit. Your selfie game just got real.

Clockwise from top left: Burberry SS16 Runway Palette in White, £45; Chanel Les Beiges Healthy Glow Foundation in 30, £36; Chanel Compact Mirror, £26; Nars Illuminator in Orgasm, £23; Clinique Pop Lacquer Lip Colour + Primer in Nude, £16; Lancôme Hypnôse Mascara in Noir, £22.50; bareMinerals Supreme Finisher Brush, £24; Benefit High Brow, £16.50; bareMinerals Blemish Remedy Concealer, £22; Lancôme Double-Ended Eyebrow Brush, £19; Givenchy Bonne Mine Powder, £36; Clarins Joli Rouge Brilliant Lipstick in Pink Praline, £19; clutch, £645, Charlotte Olympia ■



# Beauty vs. the World

## We fight for beauty.

Like water, food or air.  
From the first bloom to the last.  
We breathe beauty.  
From it, we grow and make  
a better world.  
It is the line that connects us.  
Heart to heart it beats.  
*Doki-Doki*

## When we feel beauty, we share it.

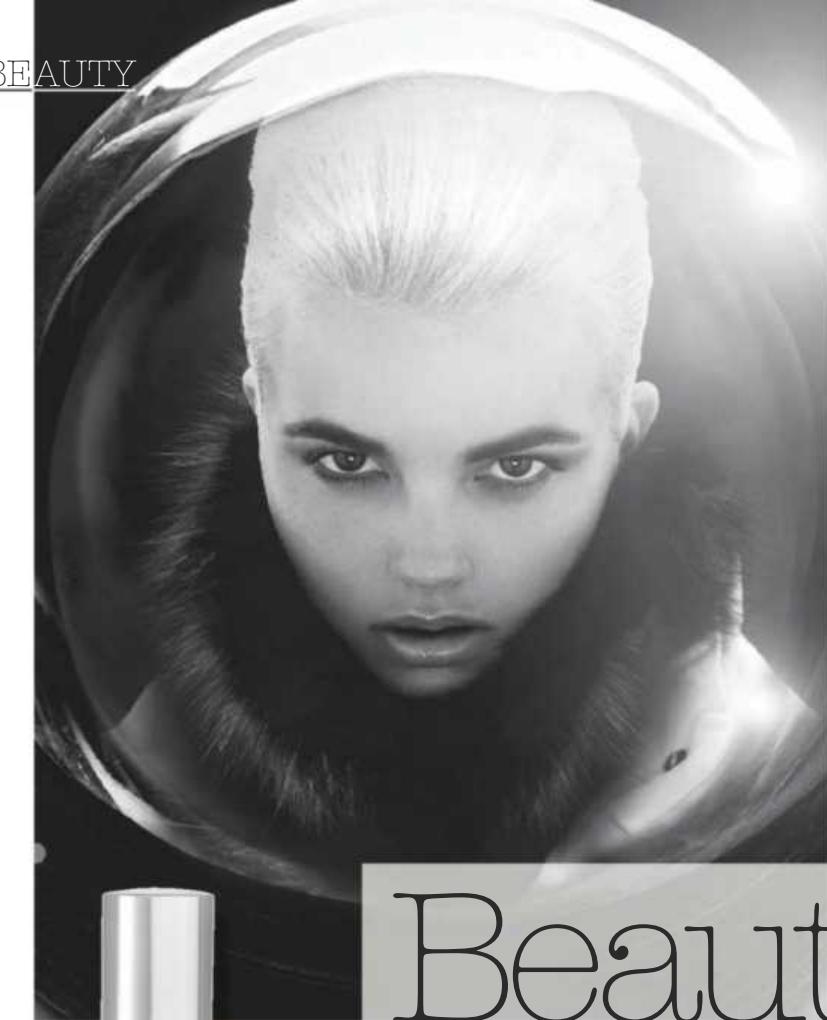
When we share beauty, we win.

Defend beauty. Give your skin  
the strength it needs.

**Ultimune Power Infusing Concentrate**



**SHISEIDO**  
GINZA TOKYO



### Ephemera

**What is it?** A range of fragrances created by a noted perfumier alongside musicians to translate sound into scents.

**Who created it?** Geza Schoen – the 'nose' and mastermind behind the groundbreaking Escentric Molecules fragrances.

**Why you need it:** Schoen worked with three musicians (Ben Frost, Tim Hecker and Steve Goodman) to create three scents: Noise, Drone and Bass. Evocative of memories relating to sound, they provide a whole new way of looking at fragrance.

**The hero:** Noise EDP, about £60 for 30ml, which smells like wood and black pepper.

# Beauty pioneers

Meet the latest revolutionary products and innovative concepts changing the beauty sphere

### Palette London

**What is it?** A bespoke nail colour service. You know when you can't find a polish to match your favourite vintage frock? These guys can make it for you.

**Who created it?** Entrepreneur Tajinder Banwait, who worked in the beauty industry for 15 years, before combining that with her love of interiors.

**Why you need it:** Despite the fact that there are millions of shades on the market, there's always one you just can't find. Palette London will solve that, plus there are kits of primary shades, so you can make your own bespoke colours at home.

**The hero:** Bespoke Nail Colour Service, from £50, will create the nail polish shade of your dreams.

### Freedom Makeup

**What is it?** A low-cost, high-grade range that's aimed at professional make-up artists (we're stealing it, though).

**Who created it?** Adam Minto is a make-up artist (and the brains behind the brand Makeup Revolution) with a mission to help his peers afford a great quality kit, without investing thousands.

**Why you need it:** Well, if it's good enough for the pros, sign us up. The range is being praised by make-up artists for its dense pigments and choice of shades. Plus, prices start at just £5.

**The hero:** Pro Artist Pad in Black Arts (Black), £15, has all the colours you'll ever need.



### Haute Custom Beauty

**What is it?** A tailored skincare regime that creates a 30-day kit, taking into account your skin type, oil spectrum, lifestyle and sensitivity levels.

**Who created it?** Irene Gonzalez (a facialist), Diego Méndez-Sâbre (a skincare researcher), Gerard Subira (a third-generation beauty industry entrepreneur) and Cristián Méndez-Sâbre (an entrepreneur).

**Why you need it:** The skin-cell production cycle lasts around 28 days and your skin needs different nutrients on different days. After you've been given your own 'DermaProfile', you'll be assigned the correct kit to match your skin perfectly. It will contain a set of cleansers, moisturisers and numbered vials, which are tailored to every single day of the month.

**The hero:** The Beauty Ritual, £235, contains a collagen tonic, a moisturiser, and several elixirs – one for each day of the month – to create a balanced skin 'diet'.



### VENeffect

**What is it?** A range that works with your monthly hormonal fluctuations.

**Who created it?** Sisters Dr Rebecca Booth and skincare expert Cecil Booth.

**Why you need it:** Collagen and oestrogen levels are closely linked and, as we age, they dip. This range aims to target both to help restore and enhance elasticity.

**The hero:** Anti-Aging Intensive Moisturizer, £148, uses phytoestrogens to boost collagen production.



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# Elizabeth Arden

NEW YORK

# The youth of today

Fashion, music, art and culture have always influenced beauty ideals. And now social media and phone screens are defining it too. We talk exclusively to the stars of Calvin Klein's ck2 campaign to find out what beauty means to a new generation

Photographs by Ryan McGinley  
Interviews by Lisa Oxenham



## VICTORIA BRITO, 23, Brazil [with Sung Jin Park]

**'Beauty means freedom.** It's not about "this is what beauty is supposed to be". I'm like a chameleon; I can transform my look, and my girlfriend has an androgynous style, too. There are no defined roles or aesthetics – for instance she's Jamaican with short blonde hair, brown eyes and strong brows.

**I live in New York and, although it's a place of opportunity, it doesn't smell great.** So, I wake up, shower, moisturise, then spritz ck2 [£53 for 100ml] behind my ears and present myself to the world. If you smell good and look good, your foot is 50 per cent through the door.

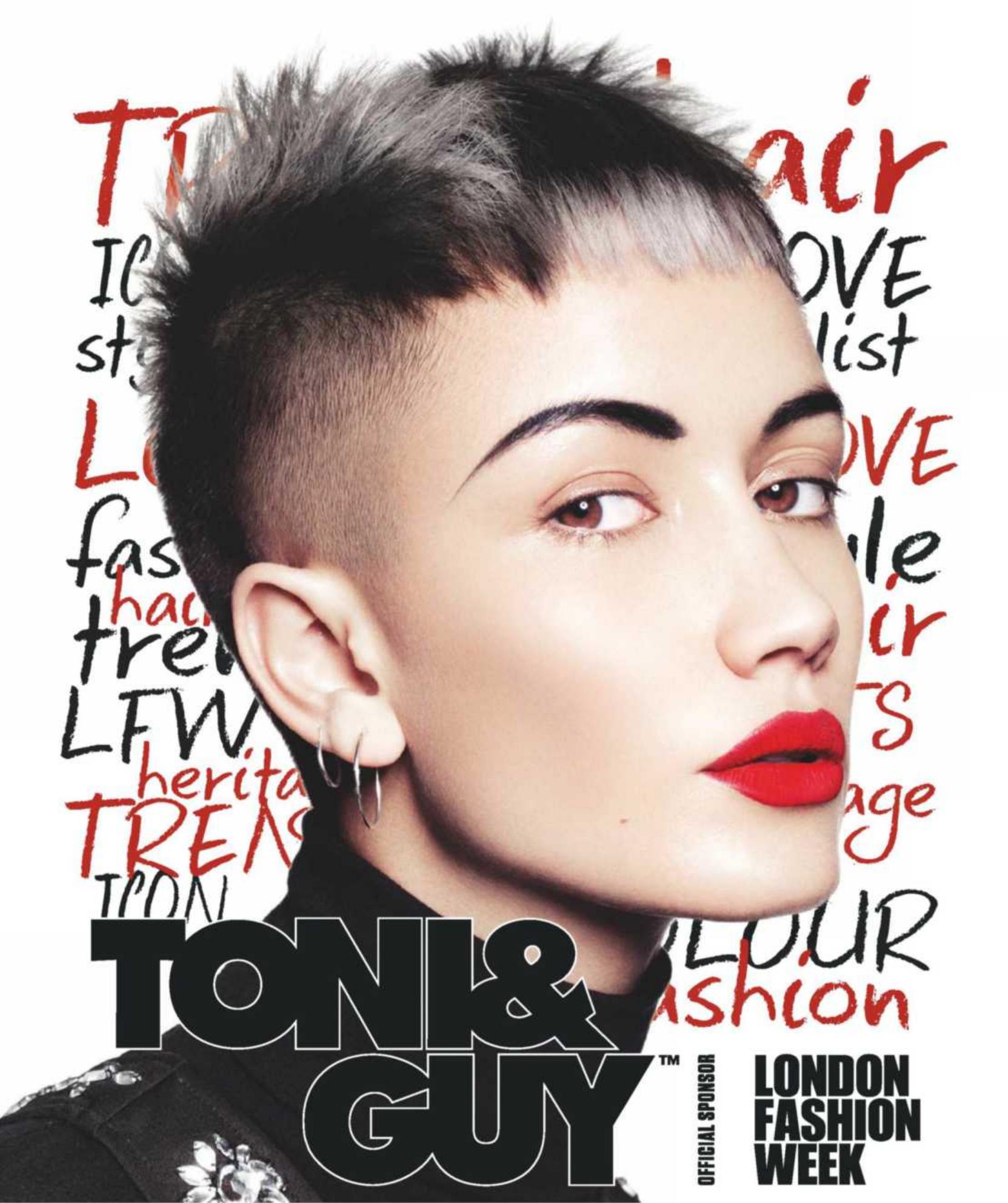
**My beauty icon is Iman.** I had the amazing privilege of meeting her when I was 14. She was guest editing for a magazine called *Trace* and handpicked me to do a shoot called *Black Girls Rule*. She embraced me and I will never forget that, or her.

**Having 131k Instagram followers is a good thing, but it's hard work.** Put it this way, I just walked into Starbucks and a guy said, "You're vickatillion on Instagram!" I'm still trying to get used to Insta-fame, but I have to be careful who I make friends with for that reason, too.

**What do I want in life?** Happiness, and that comes in unique ways. I also want my career to break down barriers and to work on more creative, visual stuff, like break-dancing on Instagram to the songs of the moment.

**I listen to hip hop and R&B.** Chris Brown and Rihanna are on my playlist. I'm also obsessed with Justin Bieber's single *Sorry* right now.

**If you're not individual, you're just a body walking around** – it's about being true to yourself. We're doing things our own way now. In the song for the ck2 ad, it says, "Call us their underdog", and that's me. ►



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**LONDON  
FASHION  
WEEK**



## KELSEY AND BAYLEE SOLES, 19, SOUTH CAROLINA

**'Beauty means positivity'**, says Baylee (right). 'You can either focus on the wrong things in life, or the best things. We have sticky notes all over our mirrors with positive affirmations. It's enlightening to see that every morning. Elle Woods in *Legally Blonde* has the right attitude!'

**I'm a huge fan of Cindy Crawford, and Kelsey loves Claudia Schiffer.** But mainly it's about 90s models for us – they bring a glam element to fashion and have a mysterious feel that fascinates us.

**We love to post stuff on Instagram and we take pictures of each other.** We try to limit it to one a day – too many and it gets old. Quality, not quantity.

**The 90s or early noughties are our biggest fashion influence** – almost over the top to the point of being gaudy. In the morning, we discuss our look. We're like, "What character do you want to be today? Nicole Richie or super-grungy?" A top fashion tip: There's a great store in Whitechapel called East End

Thrift Store, where we get all our clothes when we come to London. The first person in is given a free carrier bag of clothes, so we go there at 9am and wait until they open at 11am.

**We hope to continue to work**, but modelling is so fickle; people put an expiry date on you. We'd also like to collaborate and create a fashion line.

**Both of us listen to R&B, hip hop, Destiny's Child and 90s music.** It depends on our dress sense and how we're feeling, but we love upbeat grooves.

**I'm more assertive and Kelsey's more Zen**, so we balance each other out. We have our own special projects, but jobs are a lot more fun when we work together – people feel our energy! ▶



ERIN ELIOPULOS, 17, Ohio [with Luka Sabbat]

**'Beauty is about embracing people's diversity.'** And also looking past other people's standards of it. I have a gap in my teeth, and I used to get upset, as I got bullied because of it. But now I'm trying to embrace it. My dad taught me to see beauty in everyone, no matter what they look like.

**I think comparing ourselves to others on social media is a huge issue.** People see the word model and think I'm perfect, or don't have any bad days, but it doesn't mean my life is great or that I don't get sad sometimes. The most important thing to watch out for is getting obsessed with social media. Who wouldn't want to be famous on Instagram? But doing crazy stuff to get there isn't good.

**I want to be a successful model, but would like to get married and have kids.** I've also always wanted to be a writer, and talk about the modelling industry and how it feels.

**I can honestly jam out to anything.** If I'm super-chilled, I like indie or rock. If I'm with my family, I listen to love songs. When I was bullied at school, I'd always tune into music – it became so important to me. I try to listen to the words – especially when someone shares a song with me – I always think they're trying to tell me something.

**What makes me feel insecure?** It's definitely the gap in my teeth. I'll always be conscious of it. Nowadays, people don't care, but kids were so cruel at school. I don't want that to happen again. That's why I haven't posted a smiley picture on Instagram. I want to be tough, but I'm scared of remarks like, 'You're so ugly, get your teeth fixed.' One negative comment can make you forget 1,000 positive ones.

I keep telling myself that once I truly love myself, I won't care what other people think of me. ■

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# Light saviour

Those in the know are boosting their skin and wellbeing with the latest LED light therapies

**Newsflash:** The pivotal moment for our skincare routines was in the 70s. No, seriously, back then NASA scientists discovered that LEDs (light-emitting diodes) stimulate plant growth (useful for growing veggies in space) and subsequently found they have the same effect on skin, stimulating mitochondria (cell fuel) and boosting our collagen production. 'One giant leap' for skincare, indeed.

**So how exactly does this affect our complexion?** Well, light, in its various guises, penetrates the skin and stimulates mechanisms that can help to eliminate bacteria, plump-out lines and deliver results that are seriously noticeable. LED light is not as potent as a laser and the results take months rather than weeks to surface, but there's none of the scarring or downtime that can come from the more aggressive treatments. A handful of sessions will take your skin to infinity and beyond.

## The treatment: Yellow light

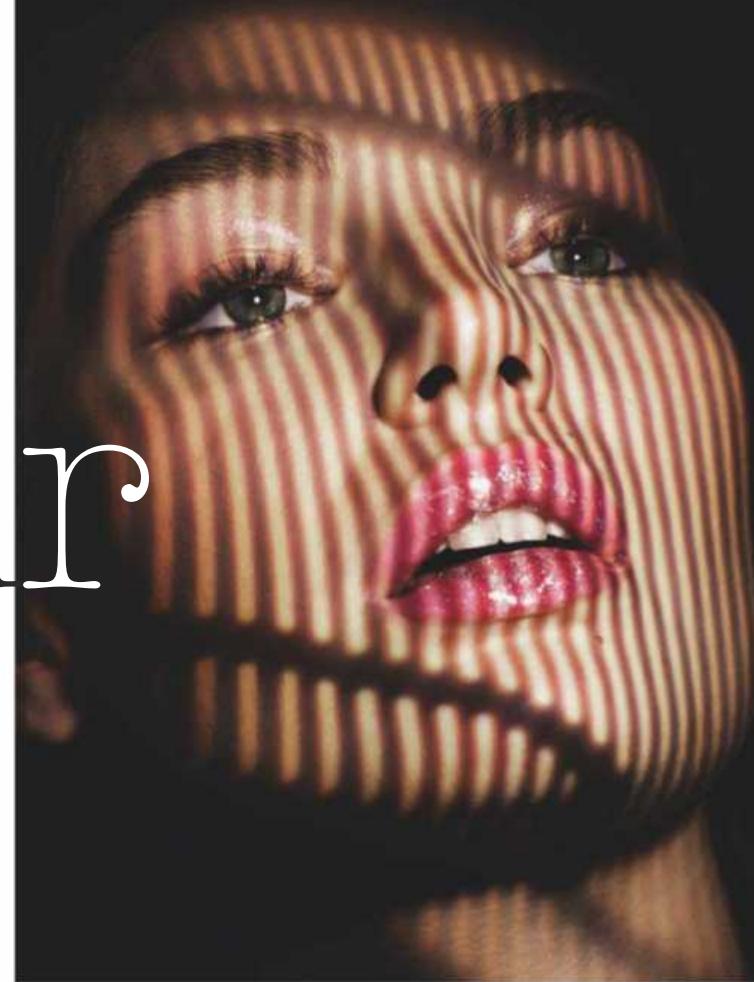
**For** Fine lines and wrinkles. **The low-down** The Botox of wavelengths, this should be part of your age-maintenance programme. Yellow light reduces redness and wrinkle-causing inflammation while boosting circulation. It works by stimulating the rejuvenation process within your cells to improve the density of your skin (that's the stuff that drops after the age of 30, causing those fine lines). **Try** The Lynton Boxlight – an LED light machine used in clinics throughout the UK. Like most light machines it can switch between and combine colours so you'll get your money's worth. Find a clinic at [lynton.co.uk](http://lynton.co.uk); prices vary.

## The treatment: Green light

**For** Pigmentation. **The low-down** Green light targets dark circles, pigmentation, broken capillaries and sunspots. It also calms irritated or over-stimulated skin. **Try** This alongside mesotherapy (tiny needles that boost the skin's 'repair' function), as recommended by Dr Frances Prenna Jones. It's her go-to treatment to help reduce sun damage, acne scarring, pigmentation and rosacea. Visit [drfrancesprennajones.com](http://drfrancesprennajones.com); treatment from £300.

## The treatment: Blue light

**For** Acne. **The low-down** Blue light eliminates acne vulgaris (the bacteria responsible for causing spots), while leaving the



good bacteria intact. Blue light can be used on its own but it's often paired with red light, explains expert facialist Debbie Thomas. 'Red and blue lights have very specific wavelengths and, when used together, kill acne bacteria and help the skin to heal.'

**Try** Thomas uses the above therapy in her renowned DNA treatments (from £110), which combines massage and high-performing collagen masks. Visit [debbiethomas.co.uk](http://debbiethomas.co.uk).

## The treatment: Red light

**For** Inflammation. **The low-down** Red light lies next to infrared at the end of the visible part of the light spectrum, and its wavelengths disable inflammation triggers. Inflammation is linked to acne, pigmentation and rosacea, which is why you'll find this wonder light in most treatments. **Try** The Light Salon in Harvey Nichols, Knightsbridge, London. Prices start at £35 for one treatment; a course of ten (recommended) starts at £270. Visit [thelight-salon.com](http://thelight-salon.com). Alternatively, book a Rejuvenating Facial (£180 for 45 minutes) at the Marylebone-based Prager Clinic, which combines red LEDs with a gentle resurfacing peel. Visit [drmichaelprager.com](http://drmichaelprager.com) for details.

## The bright side

### Get to grips with at-home DIY light-therapy devices

Put down your latte: studies show light therapy outperforms caffeine when it comes to increasing cognition\*. A separate study found that dawn-simulation lamps and bright-light therapy, used to treat SAD (seasonal affective disorder), can be as effective as antidepressants \*\*. Test subjects reported a 57 per cent lift in mood and improved sleep patterns. **Try** Lumie Zest, £125, which uses blue-enriched white LED light to regulate your body clock, or the Lumie Bodyclock Starter 30, £59.95, which mimics sunrise to boost your serotonin levels. For additional skin benefits, try LightStim, £242, to regenerate cells; Lumie Clear, £149, to reduce inflammation, or Tria Acne Clearing Blue Light, £229, which eliminates acne-causing bacteria.

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SENSITIVE SKIN EXPERTS

# Skincare knockouts

Introducing the cult complexion icons, direct from the lab to your bathroom shelf. Make room, you'll want them all

Words by SUZANNE SCOTT



Clockwise from far left: Shiseido Bio-Performance Glow Revival Cream, £65; Crème de la Mer Généissance de la Mer The Serum Essence, £400; Estée Lauder Re-Nutriv Ultimate Diamond Revitalizing Mask Noir, £240; Elizabeth Arden Skin Illuminating Retexturizing Pads, £45; La Prairie Cellular Swiss Ice Crystal Transforming Cream SPF30, £134

## Performance enhancers

Skin begins to underperform from our thirties onwards; collagen and elastin production slows, moisture levels plummet and the skin takes longer to renew itself. Step into the ring with confidence using these amazing new facial boosters.

**Wonder essence** Get your mitts on Crème de la Mer Généissance de la Mer The Serum Essence, £400. This new souped-up serum contains pom-pom red algae, which prompts fibroblasts to produce collagen and elastin.

**Super serum** Vichy LiftActiv Serum 10 Supreme, £30, contains the anti-ageing ingredient rhamnose from silver birch,

plus two types of plumping hyaluronic acid. Together they help to stimulate collagen and prompt production of keratinocytes, which thicken the skin's outer layers, making it stronger and less likely to lose moisture.

**Bed buddy** Knowing skin does its best repairing work at night, Clarins Multi-Active Nuit, £44, boasts California poppy, which signals skin to neutralise free radicals and produce more collagen as you catch some zzzs.

## Glory hunters

In South Korea – the skincare capital of the world – women are so determined in

their pursuit of glowing skin, they layer oil-upon-oil onto their faces, until they shine like a trophy. Replicate the glow with these prize-winners.

**Glow getter** Shiseido Bio-Performance Glow Revival Cream, £65, targets capillary circulation with a Chinese herb extract and a bio super-yeast. These two wonder ingredients repair cell walls and prevent them becoming visible on your face. Fair-skinned with broken veins? This is for you.

**Brighten up** Elizabeth Arden Skin Illuminating Retexturizing Pads, £45, are saturated in alpha hydroxy acids that nibble away at the dead cells that cause skin to appear dull. ►



Clockwise from left: ELEMIS BIOTEC SKIN ENERGISING DAY CREAM, £75; CHANEL LA SOLUTION 10, £58; KIEHL'S CILANTRO & ORANGE EXTRACT POLLUTANT DEFENDING MASQUE, £28

**The adapter** The auto-adjusting pigments found in La Prairie Cellular Swiss Ice Crystal Transforming Cream SPF30, £134, adapts to your skintone to illuminate and brighten. Genius.

**Tough love** Face-brushing is the latest Asian import to catch on. After a light buffing with a soft bristle brush, apply Estée Lauder Re-Nutriv Ultimate Diamond Revitalizing Mask Noir, £240. The mask contains black diamond truffle extract and bamboo charcoal to refine pores and smooth skin so it's mega-reflective.

### Pollution solution

According to the European Environment Agency, more than 90 per cent of Europeans live in cities with pollution-

ridden air. Those toxins we face daily contribute to inflammation, a weakened skin barrier, uneven complexion and wrinkles. Not ideal, unless you have some super-charged skincare heavyweights.

**Skin strengthener** Olay Total Effects Feather Weight Moisturiser, £14.99, contains 5 per cent niacinamide and 40 per cent more vitamins than its predecessors, to strengthen the skin barrier and defend it from fine pollution particles. It also packs a serious moisturising punch, so it's ideal for dry skin.

**Power mask** The orange extract in Kiehl's Cilantro & Orange Extract Pollutant Defending Masque, £28, protects skin from UV and stimulates barrier proteins to defend it from pollution – use weekly.

**Face guard** Aveda's new Daily Light Guard, £39, is super-light and shields against environmental damage with Kukui Seed Oil. It also uses Titanium Dioxide and Zinc Oxide to ward off wrinkle-causing UVA and UVB rays.

**Sensitivity soother** Exposure to pollution can cause skin sensitivity. Use Chanel La Solution 10, £58, which contains silver needle tea extract to block free radicals and calm the skin.

### Rock on

Skincare has gone bling. Stones like amber, topaz and amethyst have energising properties that motivate skin cells into action, whilst metals like silver and gold are popular anti-inflammatory ingredients. If your skin is misbehaving, try one of these to soften the blow.

**Amber alert** The amber found in ELEMIS BIOTEC SKIN ENERGISING DAY CREAM, £75, energises cells, making skin appear plumper and brighter.

**Precious metals** Själ Mineral Källa Energy Tonic, £47, protects the skin's barrier and neutralises the effects of stress with gold and silver, vitamin E and hyaluronic acid. Mist throughout the day.

**Girl's best friend** The pure diamond powder in The Organic Pharmacy's Rose Diamond Face Cream, £290, blurs fine lines and reflects light.

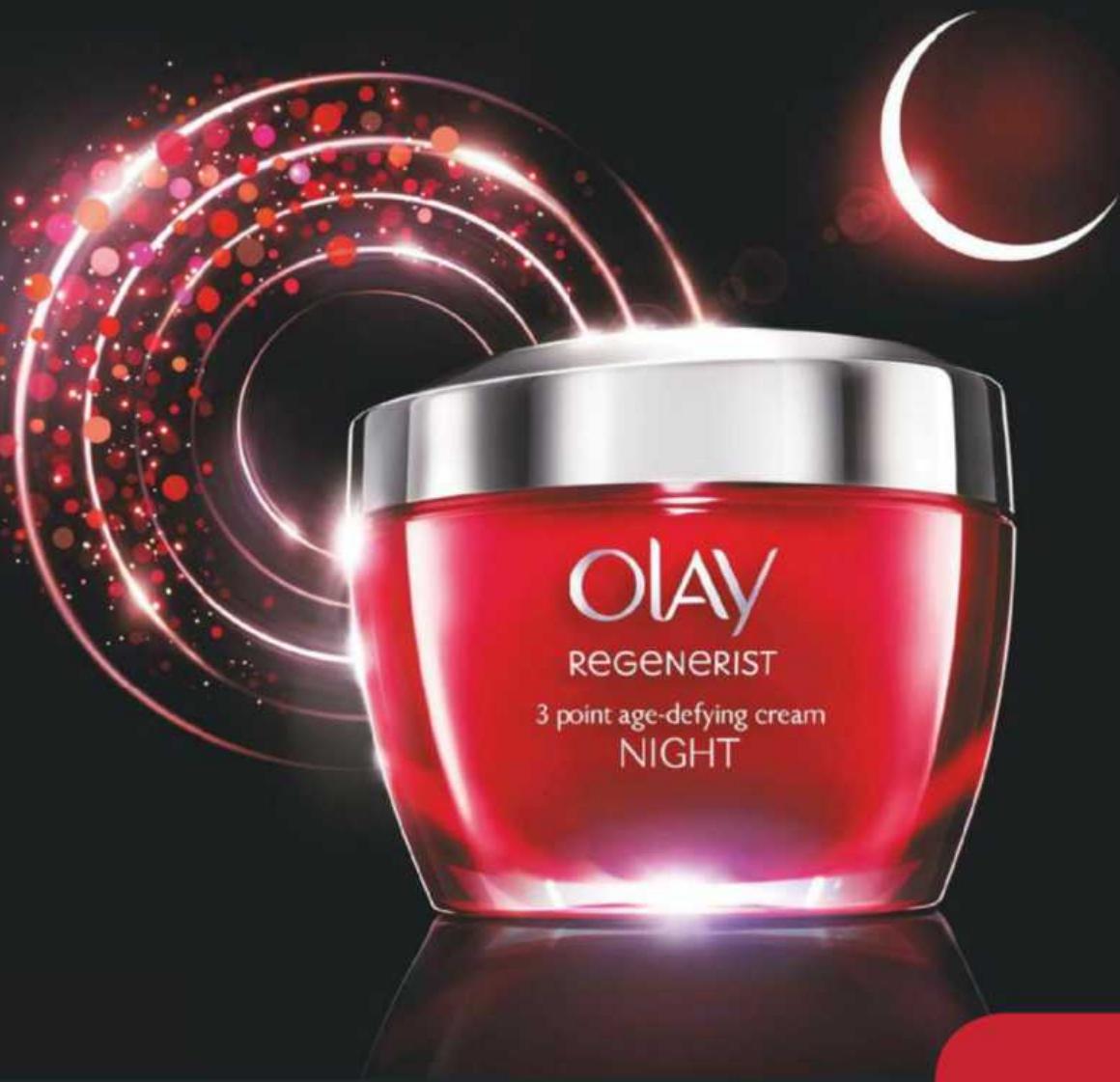
### The new big hitters



1. Olay Total Effects Feather Weight Moisturiser, £14.99 2. Vichy LiftActiv Serum 10 Supreme, £30 3. Aveda Daily Light Guard, £39 4. Clarins Multi-Active Nuit, £44 5. Själ Mineral Källa Energy Tonic, £47 6. The Organic Pharmacy Rose Diamond Face Cream, £290

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\*Based on mass market facial moisturiser and cleanser value sales for the past 12 months ending December 2014.

\*\*Skin surface renewal is accelerated based on surface cell exfoliation.

  
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**EMANUELA CAMPALANI**  
Consultant dermatologist in both the NHS and private sector



**ANITA STURNHAM**  
GP and media doctor who combines NHS, private and TV work



**EMMA WHITE TURLE**  
Celebrity make-up artist and beauty editor who creates red-carpet chic



**KATE MURNANE**  
A blogger and vlogger on all things related to beauty and motherhood



**SHONA VERTUE**  
Former gymnast and dancer turned personal trainer and yoga teacher



**SUZANNE SCOTT**  
*Marie Claire's* beauty editor and moisturiser obsessive



**JENNA WELLBELOVED**  
Product technologist on Superdrug's own-brand buys



**THE SKIN RENEWER**  
Consultant dermatologist **Emanuela Campalani** chooses the Optimum PhytoCell Skin Renewal

**Serum, £12.99** 'This is a liposomal preparation that promotes skin cell longevity and delivers an effective anti-ageing performance. In addition to the anti-ageing Malus Domestica (Swiss Apple), it also contains vitamin E and argan oil. These antioxidant and nourishing ingredients leave skin looking supple.'



**THE SMILE SAVIOUR**  
Make-up artist **Emma White Turle** likes the Pro Care Total Whitening 2 Replacement Brush

**Heads, £7.99** 'Replacing the brush head on an electronic toothbrush will no longer be a very expensive exercise thanks to this budget buy. Not only do the heads fit Superdrug own-brand, but Oral-B as well, and they're small, which means they tackle tartar build-up in the gum line for healthier teeth.'



**THE BODY BEAUTIFIER**  
*Marie Claire's* beauty editor **Suzanne Scott** picks the Pebbles Exfoliating Mitt, £2.99

'We often forget that our body can benefit from a thorough exfoliation much in the same way as our face can. This mitt is a star. Not only will it slough away dead skin cells, but it will also help to improve blood flow beneath the surface and encourage the elimination of toxins. Buff in circular motions, then jump in the shower to rinse away the dead skin.'



# PROMOTION

YOUR BEAUTY  
DILEMMAS  
SOLVED



**Q.** Do the daily supplements you can take to help maintain healthy skin and hair really work?  
Stephanie, 32

**A.** SUZANNE SCOTT, MARIE CLAIRE'S BEAUTY EDITOR, SAYS: 'The saying "beauty lies within" really ought to be rephrased to "beauty begins from within". Feeding your body the right nutrients and vitamins will not only improve your overall health and well-being, but it also serves as a foundation for glossy, strong and healthy hair, and hydrated, plump and resilient skin. Kick things off with Superdrug's Advanced Beauty supplement, £7.99, which contains a beautifying cocktail of vitamin E, selenium, vitamin C and collagen.'



## More brilliant buys

These Superdrug own-brand bargains are everyday essentials

**1. Vitamin E Refreshing Toning Mist, £2.99** It doesn't just tone – it moisturises and helps combat the harmful effects of free radicals.

**2. Cherry & Almond Shower Gel, 99p** You'll leave the

shower feeling refreshed and smelling delicious.

**3. Sinful Moments Dry Shampoo, £1.99** Does one hell of a job to refresh dull, lifeless hair between washes. Just spray and massage in.

**4. Nourishing Nail Polish Remover Pads, £1.39** Aloe Vera and Vitamin E moisturise.

**5. Vitamin E Sugar And Oil Body Scrub, £4.99** Exactly what you need to say goodbye to dry post-winter skin.



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# How to solve weird sleep disorders

Did you get enough shut-eye last night? With insomnia on the rise, the answer is probably 'no'. But what exactly is keeping you awake? Anna Pointer finds out

**WHEN WAS THE LAST TIME YOU** had a really good night's rest? A third of us now regularly battles with poor sleep, and the numbers are rising. But it's not just a case of tossing and turning and counting a few sheep, our nocturnal problems seem to be increasingly, well, weird.

'We're seeing many more people with sleep disorders than ten years ago,' says Dr Irshaad Ebrahim, medical director of the London Sleep Centre. 'This is because of higher stress levels and also due to people having greater awareness of all different kinds of sleep disorders.'

Although a good night's kip is fundamental to our well-being, the nation's most comprehensive sleep study, conducted last year, showed that 46 per cent of us manage just six hours a night, which for most people is not enough. Founder of The Sleep School, Dr Guy Meadows, who led the Big Sleep Survey, says, 'We work longer hours than ever and are more stressed, but we all take sleep for granted. Our modern lifestyles mean we've forgotten that it helps us recharge, rebalance and renew our minds and bodies. This causes us to make less time for sleep, resulting in further stress and tiredness. On average, we need between seven and eight hours a night, but some people need as little as four hours and others as much as ten.'

Frequent disrupted sleep can lead to serious problems. 'Without proper rest, we experience higher blood pressure, a lack of concentration, a weakened immune system and loss of libido,' says Dr Matthew Hind, consultant physician at London's Royal Brompton Hospital. 'It can also lead to depression and weight gain, because we eat more to keep going.'

Here's what to look out for – and what to do if you are affected...

## Exploding head syndrome

**What is it?** 'It feels like someone has fired a starting pistol in your head and usually happens as I'm nodding off,' says Jess, 32, from London. 'I'll shake my partner, saying, "What was that?" but he doesn't hear it. You feel panic and your heart's racing ►

until you realise that it's not an explosion; it's in your head.'

Dr Brian Sharpless, associate professor at the American School of Professional Psychology at Argosy University in Washington DC, confirms this is a real phenomenon. 'It can be terrifying,' he says. 'You're falling asleep and suddenly you're woken up by a very loud noise. Some people also see flashes of light. We're just starting to do systematic research on it and I've interviewed many people about how it affects their lives.'

Although it is rare, experts believe that exploding head syndrome occurs when, for some reason, the part of the brain that shuts down your auditory neurons before you go to sleep makes them fire all at once. 'It can be caused by any type of sleep disruption,' says Dr Sharpless. 'But some substances, like alcohol, may make it more likely to occur.'

**How to fix it** As doctors don't really understand it, it's hard to know. But if you're stressed, try to unwind before bed, and if you suffer from disturbed sleep anyway, address the causes. Certain chemical elements, such as calcium channel blockers (which widen and relax the blood vessels) and antidepressants may be helpful, but as yet there have been no large-scale treatment trials. However, learning about exploding head syndrome and knowing that it is not dangerous may reduce the occurrence of episodes.

## Restless leg syndrome

**What is it?** Contrary to its name, this is not just about having a twitchy leg. 'It's about strange sensations in your lower limbs when you're lying in bed or sitting in front of the TV, which are only relieved by moving or walking about,' says Dr Ebrahim. 'The most common cause is pregnancy and low iron levels, so it is more prevalent in women than men by four to one.'

Melissa, 41, experienced restless leg syndrome in all three of her pregnancies. 'It's not life-threatening, so people don't really give you much sympathy, but the sleeplessness that goes with it is debilitating. It feels like you've been sitting on a plane for 12 hours, unable to stretch your legs –

however, nothing you do alleviates it. For me, eventually a midwife suggested taking iron tablets – although I wasn't officially anaemic – which cured it almost overnight, but this only happened at the end of my third pregnancy. If you're suffering, ask your doctor if you can try this remedy.'

**How to fix it** 'People should have a think about their diet and whether they are getting enough iron,' says Mary Morrell, professor of sleep and respiratory physiology at London's Imperial College. 'This, of course, has wider health benefits, too.' Iron-rich foods include fish, meat, leafy green veg, brown rice, nuts and pulses.

## Sleep maintenance insomnia

**What is it?** Waking in the early hours. Dr Meadows says, 'It's common to wake around 3am because, by that point, you've had two sleep cycles – during which you move from light to deep sleep and back again. It only takes about four hours for the really urgent need for sleep to drain away, explaining why you wake after a few hours even though you haven't yet had enough sleep to recharge your brain and body.' Insomnia is far more common in women – around 70 per cent of sufferers are female, and a third of us have experienced it at some point in our lives. 'The first reason for this is hormonal, as progesterone and oestrogen play a key role in sleep,' adds Dr Meadows. 'Women also tend to worry more than men – and anxiety is insomnia's best friend.'

**How to fix it** Annoyingly, this kind of behaviour can become programmed in the brain. 'If you establish a cycle of sleeping poorly, that tends to continue,' says Dr Hind. 'Keeping a diary is useful to spot the patterns, and cognitive behavioural interventions, such as sleep restriction, can help. Simply, you push back your bedtime to much later than normal and set an alarm to get up earlier – even at the weekend. At the end of a two-week period, you are so tired that you sleep all the way through until morning.' As an alternative, Dr Meadows teaches his clients mindfulness. 'Being in the present helps retrain the brain that it's OK to fall back to sleep.'

## Sleepwalking

**What is it?** This is a so-called 'parasomnia' – characterised by abnormal nerve behaviour – and it affects two per cent of adults. Sufferers may get out of bed or even carry out activities while asleep. And although most sleepwalkers' eyes remain open, they will usually have no memory of it. 'This condition is often carried over from childhood,' says Dr Ebrahim. 'About 20 per cent of kids do it, but more than 90 per cent of them stop in adulthood.'

**How to fix it** Sleepwalkers have low levels of serotonin – a chemical that transmits signals along the nerves. 'We often use antidepressants to boost serotonin,' says Dr Ebrahim. Better sleep routines help, too. 'Stick to a regime and make sure your bedroom is quiet and dark,' says Dr Hind. 'It should also be made safe – move bedside cabinets and install a bell on the door that goes off if you try to leave the room.' Reducing alcohol consumption is also recommended to avoid triggering episodes.

## Sleep-eating

**What is it?** Less common than sleepwalking, raiding the fridge while asleep is another parasomnia. Again, sleep-eaters will have no recollection of it. 'Nocturnal eating is a variant of sleepwalking and most sufferers will have had a history of that,' explains Dr Ebrahim. 'I find it mainly affects women, although the jury is still out.'

Kate, 28, from Aberdeen says, 'I had no idea why I was putting on weight. I used to have massive rows with my flatmates about food that was going missing. It was only when I woke up one morning surrounded by chocolate bar wrappers that I realised I must have been sleep-eating.'

**How to fix it** Antidepressants are often prescribed, but Dr Meadows says, 'Treatment is more about prevention and having a good sleep cycle. Go to bed and get up at the same time each day and limit stimulants like caffeine and alcohol.' Morrell adds, 'It can be scary if you're getting out of bed at night. Make sure any partners understand your condition so that they can support you.' ■

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Not only did it do this, but it was subsequently found to be effective as part of a weight loss programme. At the University of Freiburg, clinical studies observed a significant difference between Almased® and normal low-fat dieting<sup>2</sup>. Furthermore, the researchers found that while fat was lost, essential muscle mass was retained<sup>1</sup>. Over 25 years of scientific research has shown Almased®'s benefits for weight loss, long-term weight management and overall health and wellness.

## The benefits of Almased®

- Reduces body fat without loss of essential muscle mass<sup>1</sup>.
- Clinically proven weight loss v a normal low-fat diet<sup>2</sup>.
- Nourishes the body with a unique blend of soya, yogurt and honey.
- Contributes to weight loss when replacing two daily meals.
- Maintains weight after weight loss by replacing one daily meal.
- Contains no artificial flavours, fillers, preservatives or stimulants and only naturally occurring sugars. Non-GMO, Gluten-free, Vegetarian and suitable for those with Diabetes.

1. Deibert, P et al (2004). Int'l. Journal of Obesity; 28(10):1349-52.  
2. König, D et al (2008). Annals of Nutrition and Metabolism; 52(1):74-78.

## What's in Almased®?

Our unique fermented formula blends three wholesome ingredients.

### 1 YOGURT

Made from premium quality milk; the calcium present in the yogurt supports normal function of digestive enzymes.



### 2 SOYA

This plant-based protein can support the maintenance of essential muscle mass. The fact that it's fermented makes it easier for your body to digest and absorb.



### 3 ENZYME-RICH HONEY

Beyond adding a touch of natural sweetness, this is carefully processed in order to optimise the raw enzymes that are present in Almased®.



## So simple to use!

Mix 50g of Almased® with 200-350ml of water or 200ml of low-fat milk and 2tsp of oil rich in essential fatty acids (e.g. olive, flaxseed, rapeseed or walnut).



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## Need help with your diet?

Almased® nutritionist Katie Hipwell can provide advice on any part of the programme. You can contact Katie directly at [nutritionist@almased.co.uk](mailto:nutritionist@almased.co.uk). For more information, call us on 0207 969 1886 or visit [www.almased.co.uk](http://www.almased.co.uk) or [Almased UK](https://www.facebook.com/almaseduk). Download your FREE Almased® Figure Plans at [figureplan.co.uk](http://figureplan.co.uk). Please enter code MC1



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FLAVOUR**



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# DELUXE

FOOD

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Fabulous fare with a side of breathtaking views: welcome to the world's hippest high-rise restaurants

INTERIORS

## Branch out

Wooden floors rule this season. Team yours with velvet furnishings, copper fixtures and cosy cowhides

TRAVEL

## Ride the rapids

Explore the Grand Canyon's dramatic cliffs and native wildlife on an epic white-water rafting adventure



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**THEY WILL**  
**COME.**



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## GOING OUT

# CLOUD NOM

Duck & Waffle's executive chef Dan Doherty shares his favourite sky-high dining spots



### DUCK & WAFFLE, 40th floor of Heron Tower, London

'The first time I saw the view it was breathtaking. We're open 24/7, so we've seen a lot; we get such a random and eclectic mix of people coming through the doors. It really represents London right now.'

### TAPAS MOLECULAR BAR, 38th floor of the Mandarin Oriental hotel, Tokyo

'When someone recommended this place to me I was like, 'You don't know me that well,' but I enjoyed the whole experience. You sit at a bar and watch two chefs cooking playful, molecular food – they make a version of eggs Benedict where the "egg" is crème mousse and the yolk a mango coulis.'



### GALVIN AT WINDOWS, 28th floor of the London Hilton on Park Lane hotel, London

'This is great for modern yet classic French food. It's one of those restaurants that doesn't age or worry about trends; it just goes to show that there will always be space for a nice white tablecloth. My favourite thing to eat there is lots of amazing foie gras.'

### SKY BAR, 63rd floor of the Lebua at State Tower hotel, Bangkok

'They filmed part of *The Hangover Part II* at this bar, which is phenomenal! I went there with family on the last night of our holiday. It's less about the food and more about the location. Being at the top of such a huge building overlooking an amazing city is so surreal.'



COMPILED BY JOSIE AYRE



### RECIPE

# Chicken with quinoa, lemon and rose petals

Spice up your super-grains with this aromatic comfort dish

■ Preheat the oven to 190°C (375°F) gas mark 5.

■ Place the chicken pieces in a large roasting pan and drizzle over 1 tablespoon of olive oil, just enough to coat them. Season with plenty of sea salt and sprinkle over the ras el hanout and chilli flakes. Use your hands to massage the spices into the chicken. Roast for 25-30 minutes or until cooked through, and the skin is crisp and golden. Keep warm.

■ In a large saucepan, gently sauté the red onion in a little olive oil until soft. Add the cinnamon, cumin, garlic and 1 teaspoon of salt, and fry for another couple of minutes.

■ Add in the quinoa and just under double its volume of water (about 500ml).

■ Bring to the boil, then reduce the heat to low and place the lid on top.

■ Cook for about 12 minutes, then remove the lid and continue to cook until the water has been absorbed and the quinoa is quite dry.

■ Turn off the heat and add in the sliced apricots and lemon zest.

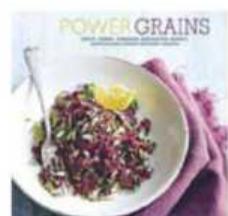
■ Stir in the herbs, and pomegranate molasses (or lemon juice), and season with salt and pepper. Gently combine together.

■ Plate up the quinoa with the chicken on top, and scatter the remaining herbs and rose petals over the dish.

Taken from *Power Grains* (£9.99, Ryland Peters & Small)

### Ingredients (serves 4-6)

- 4 chicken thighs
- 4 chicken wings
- extra virgin olive oil, to drizzle, plus extra for frying
- 1tbsp ras el hanout (spice mix)
- 1tsp dried chilli flakes
- 1 red onion, halved and thinly sliced
- 1tsp ground cinnamon
- 1tsp ground cumin
- 3 garlic cloves, crushed
- 250g quinoa
- 12 dried apricots, sliced
- grated zest of half a lemon
- 1 handful each of freshly chopped flat-leaf parsley, mint and coriander leaves, plus some whole leaves to serve
- 1tbsp pomegranate molasses or lemon juice
- sea salt and freshly ground black pepper, to taste
- rose petals, to garnish (optional)



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Breathe Happy

## INTERIORS

## Touch wood

We're loving pared-back wooden floors with added comfort



You want to mix textures and shapes but avoid clutter, so pick statement pieces that will complement rather than overshadow your flooring.

Taken from *Modern Pastoral* by Niki Brantmark (£19.99; CICO Books). Photographs by James Gardiner, CICO Books

1 'Hand Braid' cushion, £19.99, Dunelm 2 Small 'Metz' copper bowl, £75, Artisanti.com 3 'Dunston' ceramic elephant, £30, Habitat 4 Cushion cover, £6.99, H&M 5 'Gabi Adnet' tan leather mirror, £474, Jacques Adnet at Cimmermann 6 Wall-hanging antlers, £26, Shabbystore.co.uk 7 'Manaslu' touch-sensitive lamp in black chrome, £44 (for set of two), Litecraft at Debenhams 8 'Boutique de Saison' scented candle, £26, & Other Stories 9 Argentinian cowhide in Grey, £645, Natures Collection at Amara.com 10 'Cloud' chaise sofa in Ink Blue Wool, £1,925, Loaf.com 11 Round mirror coffee table, £360, French Connection 12 Tall ceramic vase in Cream, £40, Day Birger Et Mikkelsen at Amara.com

# COASTAL COOL

This minimalist take on seaside style will suit even the most modern home – and it guarantees sunshine all year round. Time to head to the beach



White quilted cushion, £16, bird cushion, £12, throw, £14, neutral ceramic vase, £6, large blue ceramic vase, £16, mug, £3.50, bowls, £3 each, small blue vase, £5, large blue vase, £6, and jug, £12, all Sainsbury's

**WE BRITS DO LIKE TO BE BESIDE** the seaside. The sound of waves lapping against the shore, sinking our toes into the sand – it's bliss. A living space equally as relaxed is also heaven on earth. The new Coastal homeware range from Sainsbury's taps into our desire for all things simple and natural. A fresh palette of off-whites, cool greys and the softest blues ensures this beach look is beautiful, not brash. Seagull motifs on cushions and throws add a quirky touch, and glassware that echoes the colours of the sea will help your room sparkle. Finish with a sailboat at the window and all that's left to do is float away.

Clock, £14, throw, £14, cushion, £12, large blue vase, £6, small blue vase, £5, and boat, £10, all Sainsbury's

The new Coastal homeware range is available at selected Sainsbury's stores from 21 February. To see more of the new collections and to find your nearest store, visit [sainsburyshome.co.uk](http://sainsburyshome.co.uk)

**Sainsbury's**



## FOOD

## Fashion Easter

Former *Great British Bake Off* contestant Chetna Makan taste-tests stylish Easter treats

**1. Hotel Chocolat Rocky Road Extra Thick Easter Egg, £27.99**

**Presentation** Very special, it would be brilliant as a gift. **Taste** The rocky road and chocolates were perfect. **Overall score** 10/10

**2. Prestat Dark Chocolate Easter Egg, £14**

**Presentation** A colourful box filled with truffles. **Taste** The egg was great; I loved the truffles even more. **Overall score** 9/10

**3. Charbonnel Et Walker Dark & Milk Chocolate Easter Selection, £28**

**Presentation** The box is very pretty. **Taste** A wide selection with

something for everyone.

**Overall score** 9/10

**4. Chocolate Society Egg, £29.95**

**Presentation** A very creatively designed egg, but I'm not sure the appearance would appeal to kids.

**Taste** The egg tasted good, but a bit on the boring side. **Overall score** 5/10

**5. Selfridges St John Hot Cross Buns, £4.99 for four**

**Presentation** Packed with fruit and really fresh.

**Taste** Best toasted with butter. **Overall score** 8/10

**6. Harrods Simply Chocolate Copper Egg With Truffles, £34.95**

**Presentation** Love the tin.

**Taste** Most were good, but the raspberry one was bitter. **Overall score** 7/10

**7. Meg Rivers Simnel Cake, £20**

**Presentation** Snugly packaged, so easy to store. **Taste** Moist and delicious. **Overall score** 8/10

**8. Booya Booya Hazelnut Crunch Chocolate Truffles, £24.99**

**Presentation** I couldn't wait to finish the chocolates so I could use the gorgeous box!

**Taste** The truffles were gone in seconds. **Overall score** 10/10

The Cardamom Trail  
by Chetna Makan is out on  
21 April (£20, Mitchell Beazley).

## Twist and shake

Sixties cocktails are back. Carl Brown, head of bars at Dishoom, is giving his an Indian spin...



Permit Room, Dishoom, London, dishoom.com

**DEBONAIR**

'This is our take on the classic screwdriver.' Blend 600ml orange juice and 40g marmalade. Add eight dashes of tonic bitters, eight dashes of lemon bitters, 50ml King's Ginger liqueur, 100ml simple syrup, 400ml Chase Marmalade Vodka and 400ml water. Blend until smooth.

**THUNDERBALL**

'This sloe gin fizz was one of the most popular cocktails of the era.' In a shaker, combine 50ml Hayman's Sloe Gin, 25ml lemon juice, 15ml simple syrup and fill with ice. In another shaker, add 1 egg white. Combine and shake for 10 seconds to create a thick, smooth foam. Double-strain and top with cola. Garnish with a small packet of cola popping candy.

**THE COMMANDER**

'The Commander is based on the story of Commander Nanavati, the naval officer who shot his wife's lover in 1959 then gave himself up.' Crack some black pepper into a mixing glass before pouring 45ml gin over the top. Let it rest for a few seconds. Add 15ml Kamm & Sons British Aperitif and stir with ice before fine-straining into a glass that has been rinsed with absinthe.

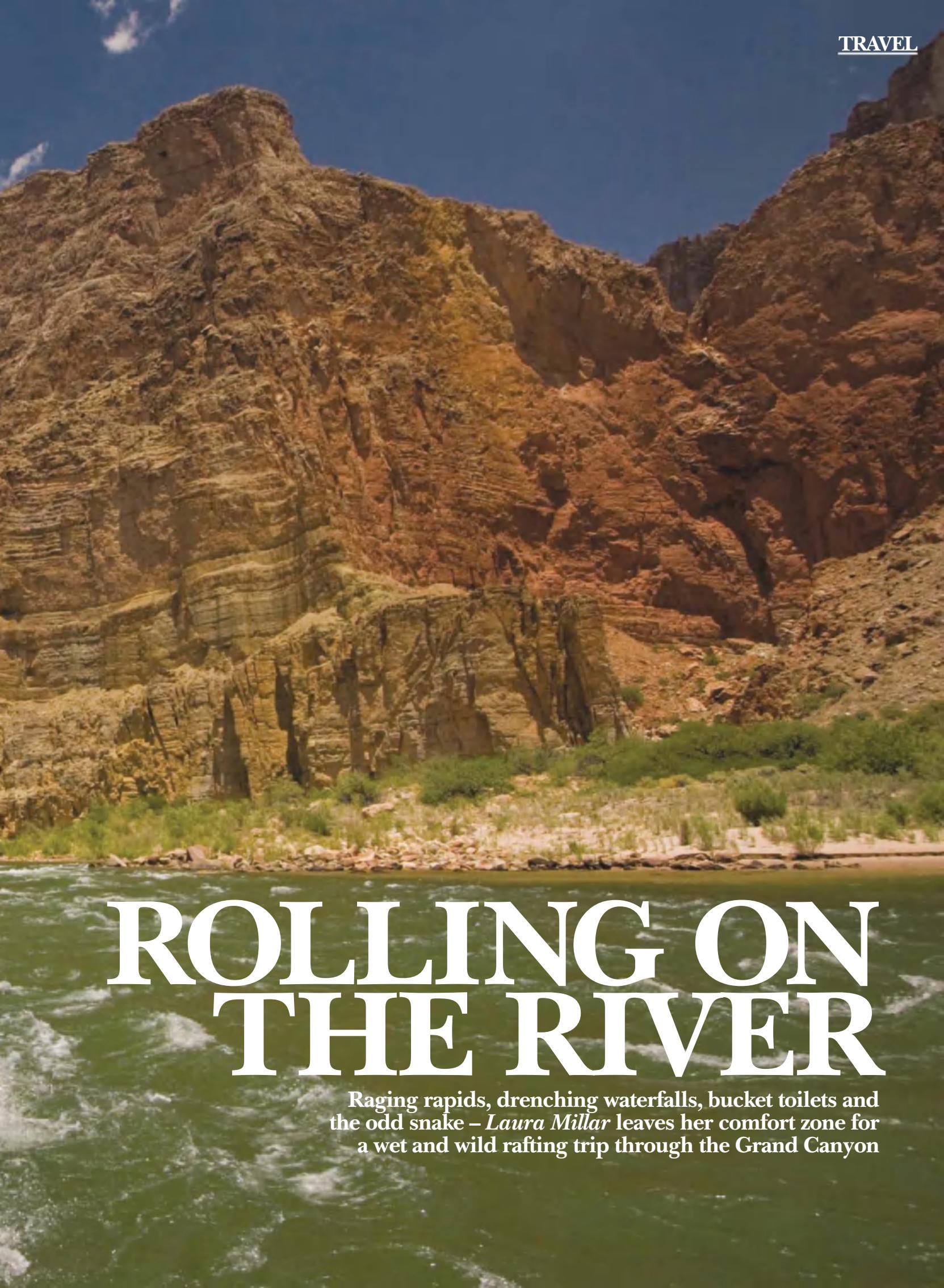


**I AM PAUL MITCHELL.**

**PAUL MITCHELL.**  
LUXURY HAIR CARE

Hold on to your hats:  
the Grand Canyon  
rapids are not for  
the faint-hearted





# ROLLING ON THE RIVER

Raging rapids, drenching waterfalls, bucket toilets and the odd snake – *Laura Millar* leaves her comfort zone for a wet and wild rafting trip through the Grand Canyon



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**CLOCKWISE FROM LEFT**  
Horseshoe Bend; Laura at the bottom of the canyon; setting up camp for the night



There are no fancy bathrooms, either (tip: if someone on your raft has the God-given foresight to bring a small, solar-powered outdoor shower, befriend them immediately; and pack industrial amounts of baby wipes).

You will be living mainly a) on a large, motor-powered rubber raft, and b) in self-assembled campsites on large sandbanks by the side of the river. And you will be encountering white-water rapids. These, it's safe to say, are utterly terrifying (though after you've got through the first one without being flipped you realise they're actually a lot of fun). You will be hiking. You will be frolicking in waterfalls. You will experience sand in all the crevices of your body. And you may just see the odd snake.

But you don't have to be a totally gung-ho, outdoorsy kind of person to enjoy this trip. For me, ticking off a major bucket-list item is only part of it; the other part is knowing I can totally switch off from the constant cacophony of life in a big city for a while. To be forced to live at a slower pace, to sleep under the stars, and to not know (or care) about the latest goings-on in the world is a blessed relief.

I've chosen to do this eight-day trip alone – my boyfriend doesn't like boats. At the meeting point in Las Vegas, I find I'm the only one travelling solo. One raft has been chartered by a mix of 14 friends and family members ranging from 16 to 71 (you've not known humiliation until a sprightly septuagenarian leaps off a 15ft cliff into the river in front of you for 'fun'). In my raft, there ►

**F**eelings of insignificance come in various ways. There's the sort you get by, say, attending an ex-boyfriend's wedding – and then there's standing in a narrow, stony gully at the very bottom of the Grand Canyon, some 6,000ft (just over a mile) down, being given a brief lesson in just how long some of that immutable rock has been there...

I discover that this famous chunk of Arizona is nearly two billion years old, but trying to take this in makes my head spin. Johnny, one of the affable crew members of the two river rafts which are bearing me and 27 other passengers down the Colorado River in between these towering walls, and a geologist by trade, tries to put it in perspective. 'If we imagine earth formed, say, 10,000 years ago, and dinosaurs appeared in the last four years, then mankind has only been around for, like, 60 seconds,' he explains. Thanks for making us feel special, Johnny...

As it turns out, it does the soul a fair bit of good to feel insignificant and properly humble for a few days, down in one of the most jaw-dropping bits of nature Mother Earth ever created. Over five million visitors a year flock to this phenomenal scar on the planet's surface – which is visible from outer space – and they mostly gather along the viewing points of its South Rim.

Formed by a combination of water erosion, tectonic plate shifting and volcanic activity, this canyon is certainly Grand: 277 miles long, it measures 18 miles across at its widest point and looms nearly 9,000ft at its highest. It makes The Wall in *Game Of Thrones* look like a rank amateur. It is, basically, mind-bendingly huge. And while the majority of people only see it from the top, every year some 30,000 adventurous travellers get the opposite perspective. And now I'm one of them.

Immersing yourself in this, one of the Seven Wonders of the Natural World, involves a complete willingness to cut yourself off from civilization for a week. There is no phone signal or Wi-Fi connection out on the water.

Sitting at the top of the world: most visitors only see the Grand Canyon from above



are two families with kids in their teens, plus one of the mums' sister and nephew, and a dad on a bonding trip with his two grown-up sons. All are American and we get along famously, which is just as well as everyone has to pull together. Each raft also has a skipper and crewman who are in charge of guiding us safely through the rapids, as well as informing us about the flora and fauna, topography and history of the pioneers who first tried to run the river in the late 19th century. They tutor us on how to set up – and break down – our camps, and cook up restaurant-standard meals from supplies kept on ice in the rafts' hulls, including delicious steak, grilled halibut and pancakes with syrup.

While they're phenomenal guys (our skipper, Irv Callahan, is a bearded, weather-beaten Wise Man of the River who's been running it for nearly 25 years), they can't do it all. So every morning and afternoon everyone on board is responsible for loading and unloading the camp equipment. We form a human chain and sling each other our water-resistant kit bags, camping gear and kitchen set-up. Loo facilities are basic: there's the affectionately named 'crapper', a square metal box (changed every two days) alongside a big red plastic bucket for wee. Let's just say you have to get used to it pretty darned quick – this river is no place to be squeamish. Washing takes place in its waters, which warm up from glacial to marginally bearable the further downstream we go.

This is all somewhat out of my comfort zone (the only camping I've done recently has been largely unhappy affairs at rain-sodden British festivals), but the best memories come from our daily activities. Each day starts early – I'm woken by a combination of dawn breaking, birdsong and Irv hollering 'Coffee!' around 5am. By 8am, the hot June sun has reached high enough to fill the river with heat and light, so it's instant relief when we plunge – screaming and laughing hysterically – through the rapids, sometimes at over 30 miles an hour.

Come mid-morning, we'll stop in some gully, where we learn about the rock formations and take a hike past masses of red, ferrous sandstone towards spectacular waterfalls under which we cool off. There's ample opportunity to spot other life forms around the river. Occasionally we chug past

a flock of intrepid kayakers or smaller boats powered only by oars (how they negotiate the rapids I shudder to think), while bald eagles and condors circle above us, preparing to nosedive in the hope of snatching some trout.

One morning we spot nimble bighorn sheep picking delicately over the rough terrain, then a family of mule deer, ears twitching as they chomp the greenery that pushes through the unforgiving ground. On our last day, Irv takes us to a place considered sacred by the Havasupai, the Native American tribe who has lived here for over six centuries and still owns most of this land. It's not hard to see why: Havasu Falls is a stunning series of waterfalls, rendered distinctive by their vibrant, turquoise shade.

Then, all too soon, we're back on dry land with emotional farewells exchanged as we go our separate ways. I check into my towering hotel on Las Vegas' infamous Strip, The Cosmopolitan, with a mixed sense of relief. It's a shock to be back in (relative – this is Vegas, after all) civilization, but then look at this – I've got access to a flushing toilet I don't have to share with 27 other people!

Slinging around kit bags is hard on the muscles, so I head to the hotel's Sahra Spa for a much-needed massage. The corridor to my treatment room is made from red sandstone, like a miniature Canyon. Later, when I lie in bed (which I'm quite grateful I haven't had to put together myself), I feel a genuine melancholy. Above me is only a ceiling, rather than the Milky Way, and I can hear police sirens rather than rushing water. But at least I know I've connected with one of the most magnificent places on our planet – no matter how insignificant it makes us feel. ■

#### BOOK NOW

■ Grand American Adventures (0333 003 8245; [grandamericanadventures.com](http://grandamericanadventures.com)) offers an eight-day Grand Canyon rafting trip from £2,699 per person, including meals, transfers and return flight from the UK to Las Vegas. Departures run from April to September 2016.

■ Double rooms at The Cosmopolitan ([cosmopolitanlasvegas.com](http://cosmopolitanlasvegas.com)) cost from £155 in April.

■ For more information see [nps.gov/grca](http://nps.gov/grca), [lasvegas.com](http://lasvegas.com) and [visitarizona.com](http://visitarizona.com).



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